Love story of a Yogi

Author- Premyogi vajra

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Book Introduction

It is a true tantric story of a Love Yogi named Premyogi vajra, in his own words or in the name of Love Yogi. Around 25 years ago, there existed a teen named Premyogi vajra, in the deep Himalaya. His grandfather, the same tantric-spiritual old man was a renowned priest in the nearby localities. Boy with some spiritual capabilities since his childhood was studying science in English medium. That was very tough for him for he had come from a Hindi medium school and so on. He had glimpse enlightenment in sleep around quarter of a century ago. Further he got his Kundalini awakened at the end of the following progressive discussion in original (partially edited; This has been done only to preserve the original essence, thus the subtle power of the real time discussion somewhat preserved) at brilliano kundalini online forum, which ran throughout the years 2016-18 (26-10-2016 to 08-05-2018) for roughly one and half year. Therefore, this discussion may have subtle power hidden inside it. Paragraphs have been written downward in order of subsequent dates or times. Each paragraph denotes writing on a single sitting. Discussion from other participants have been omitted out to avoid confusion. This book is not less than a boon for kundalini-seekers and Yoga-enthusiasts. It demystifies and clarifies the Patanjali-yogsutras in one of the best ways. This book is full of real-time practical points, which were experienced by Premyogi vajra during his meditation. There is nothing as mere theoretical in this book. We hope that readers will highly enjoy this book.

Note- This book is original discussion on brilliano kundalini forum without editing and proofreading. The edited version can be bought as paid version or kindle ebook with name “Love story of a Yogi- what Patanjali says”. It is also available on webpage ‘SHOP {LIBRARY}” of website demystifyingkundalini.com

Author introduction

Premayogi Vajra was born in the year 1975 in a small village in the beautiful basket valley of Himachal Pradesh, India. He is naturally fond of writing, philosophy, spirituality, yoga, public service, applied science and tourism. He has also done commendable work in the field of animal husbandry and veterinary medicine. He is also fond of polyhouse farming, organic farming, scientific and water conserving irrigation, rainwater harvesting, kitchen gardening, cow farming, vermicomposting, website development, self-publishing, music (especially flute playing) and singing. He has also written close to ten books on almost all these subjects, whose descriptions are available on Amazone Author Central, Author Page, Premyogi vajra. The description of these books is also available on his personal website “demystifyingkundalini.com”. He had also been a Vedic priest for a short period of time, when he performed religious rituals in people's homes with the help of his Vedic priestly grandfather. He has gained some advanced spiritual experiences (enlightenment and Kundalini awakening). His autobiography, along with his unique experiences, is particularly shared in the book "Physiology Philosophy - A Modern Kundalini Tantra (A Yogi's Love Story)" written in Hindi. The matching equivalent of this book in English is “Love story of a Yogi- what Patanjali says”. This book is the most prominent and ambitious book of his life. This book contains the most important 25 years of his life’s philosophy. He has worked very hard for this book. In a quality and unbiased review on Amazon.com, this book has been reviewed as a five-star, best, must-read and excellent book. Google Play Book Review also found five stars for this book, and this book was rated as good (cool). Premyogi vajra is a mysterious person. He is like a polymorphic man, who has no fixed form of his own. His

actual form depends on the size and type of the trance/Samadhi that he is continuously experiencing in his mind, no matter what he looks like from outside. He is enlightened (self realized), and his Kundalini has also awakened. He had self realization or enlightenment naturally / through love yoga, and Kundalini awakening through artificial means / Kundalini yoga. At the time of natural samadhi, he was assisted by symbolic and uni-vehicular Tantra yoga, while at the time of artificial trance/Samadhi he got the help of complete and bi-vehicular Tantra yoga along with the majority of his own efforts.

For more information, please feel free to visit the following place-

https://demystifyingkundalini.com/

Legal disclaimer:-

This Tantra-oriented book has not been designed to offend any other notions. The reader will be responsible for such situation arising from reading it. We are not lawyers. This book and all the information written in it have been provided as a promotion of education, and cannot replace any legal advice provided by your judicial adviser. At the time of creation, it has been taken care of that all the information given on this book is correct and useful for readers; even then, it is not a very serious effort. Therefore, book-publisher fully rejects its responsibilities and accountability when there is any harm to anyone. Readers are self-responsible for their choice, work and their results. They should contact their judicial adviser if there is any doubt regarding this.

This book is dedicated to God of Tantra, Bhole Mahadev. Secondly, this book is dedicated to the Master / Guru of Tantric yogi Premyogi vajra. He was the living incarnation of God Bhole Mahadev. Finally, this book is dedicated to all of the Kundalini seekers.

It is a true and longreads story of a Love yogi named Premyogi vajra, in his own words or in the name of Love yogi simply. Around 25 years ago, there existed a teen named Premyogi vajra, in the deep Himalaya. His grandfather, the same tantric-spiritual old man was a renowned priest in the nearby localities. Boy with some spiritual capabilities since his childhood was studying science in English medium. That was very tough for him for he had come from a Hindi medium school and so on. He had got a glimpse enlightenment in his deep sleep around quarter of a century ago. His various mystic experiences along with his concluding vision can be read at Demystifying Kundalini . Furthermore, he got his Kundalini awakened at the end of following discussion in original(non-edited)at Brilliano kundalini online forum (a kundalini research organisation), which ran throughout the years 2016-18(26-10-2016 to 08-05-2018)for roughly one and half year. Therefore, this discussion(fully original, not disturbed/not proofread/not edited thereafter to keep the probable subtle power retained fully) may have subtle power hidden inside it. This story (partially edited form) for comfortable and easy reading experience is also available in eBook-form on web-page, "shop". It also shows that in today's busy world, there appears no need to meet together physically instead being in touch with online spiritual forums is more than enough. Friends, having daily interactive touch creates wonder in a long run. Paragraphs have been written downward in order of subsequent dates or times. Each paragraph denotes writing on a single sitting. Discussion from other participants have been omitted out to avoid confusion. :-

Ican give details of some best of the accurate scientific and psychological prospectus including role of neurotransmitters,mental capacity,type of intelligence,type of habits required,type of attachment,type of romance,type of public relationship,type of physical and mental qualities required and then energetic and euphoric aftereffects of kundalini awakening as per my personal self realization.no other platform but this has inspired me to share my experiences in an ego less manner.

Dear friends,it was a sweet sleep around 23 years ago when I received an enlightenment roughly for 5 seconds which offered me supreme joy and existence.I turned my head upward to see sun,it was nothing but I ,the supreme.I turned my head forward to see the base slope of mountain at river down near my village home,it was nothing but I,the ultimate.many sceneries flashed in my mind speedily like peaceful and fully exposed light of existence with vibrations,all were nothing but I, the ultimate. Non duality as prescribed in Hindu Vedas and scriptures proved true to me.all were vibrations inside me,the fully enlightened.all scriptures and religion were behind me proving all what I experienced. Amazing.it opened me afterward.made me child like.fully satisfied.real enjoyer of each and every moment.it remained doubt in my mind that why not realization in sleep state and not in awakened state. Doubt dissolved by reading scriptures which say that our awakened state is also a type of sleep.no difference.main thing is realization. I am living proof that realization is possible, not merely a fiction.let's continue further as per time.

Actually kundalini is stored and nonwasted energy.you can store this by many ways.some store it as unspent profound love expression mentally as in case of me(although very young age and social culture helped me in this case).many store it using yoga.this stored energy needs some agitator to keep it burning.we call it guru or master.as a burning coal catches flames on suuply of fresh air and wood,that way burning kundalini suddenly bursts as a ultimate flame of self realization on getting lovingly and peaceful environment.

Dear friends, Osho/rajnish's tantra philosophy (lose and naturalness) combined with mythical stories of Hindu vedic puranas combined with associated vedic practices of worshipping nature in the form of devatas(demigods/god associates) fitted best to me.vedic system was being practised by my ancestors thus inherited by me and the tantric system was received by me from my all-round and naughty friends although with a little bit of philosophical precessing which was merely an positive side effect of vedic system.

Dear friends,Nice to listen that you are well aware of ancient indian wisdom.I was a top level student of medical science.I became very much attracted to Western science with its logistical system, truthfulness, frankness and eagerness to know something in detail.the same qualities have been indicated by our great sages/rishis ,although primarily for self realization, materialism being the secondary one.I learned these goal oriented human qualities from western science, although applied for self realization unknowingly or say guided by my inherited system subconsciously.an amazing admixture of disciplines.
Dear friends, I don't remember exactly that 5 second status of mine but it was out of the reach of time and space and everything else.I can say that everything was fraction of it as per my after experiences.I felt that I have achieved the ultimate so easily and naturally for which over worldly people struggle so much. It diluted slowly and slowly without availability of an experienced master and favourable environment supplemented by the obvious hatred of over worldly nonsense people.next hope is Yoga now.
Dear friends Coming to fresh breath on this birthday today.hiding the truth directly for decades ,just to avoid laughlyhood and teasing strangeness. Patalanjali yogsutras is the ultimate and only scientific and systemic true path to God.I observed its all limbs practically. Request call to take bath and ceremonial priest worship—— Writing later on for the practcal secret hidden there in——
Dear friends Although, I ascended through the medium of mental true love with mental pleasures superimposed on mental world and devoid of true sensory pleasures or whatever the case may be,I had to deveop all the limbs of classic patanjali rajyoga, although unknowingly, through good company of knowledgeables, ie. Yam,niyam,aasana,pranayam,pratyahaar,dharnaa,dhyaan and samadhi. Actually kundalini yoga is not independent but only a supportive technique for classical rajyoga ,the mind science.
Dear Friends Here are some top secrets related to kundalini yoga- Kundalini power is a nickname for infinite conscious energy defined by its capacity to curl down into finite thought form ,like a snake.sensory experiences aid in this curling, tightening the coil over and over.the tightest coil in a layman is said to be sleeping at base of spine as it is farthest away from the Bose of sensation/conscious energy, the brain.sleeping means ,its very low energy as compared to as in its natural infinite form.kundalini awakening and straightening means,proceeding towards openness/infiniteness through its release from gripping of sensory blankets over it.all sensory experiences are said to be through spinal chord not brain(as per spiritual scince,not physical) due their lower energy levels as compared to pure mental ones.upward migration of kundalini means,gradual increase in proportion of mental consciousness and decrease in that of sensory consciousness. Reaching brain means,total flow of pure mental consciousness devoid of sensory consciousness(doesn't mean devoid of sensory inputs, but only those which are utmost important to body and that to with unattached attitude or say selflessness). Reaching highest chakra in brain means,mental consciousness is at highest intensity and about to merge into the same infinite consciousness, from where it had departed out.
Kundalini power is a nickname for infinite conscious energy defined by its capacity to curl down into finite thought form ,like a snake.sensory experiences aid in this curling, tightening the coil over and over.the tightest coil in a layman is said to be sleeping at base of spine as it is farthest away from the Bose of sensation/conscious energy, the brain.sleeping means ,its very low energy as compared to as in its natural infinite form.kundalini awakening and straightening means,proceeding towards openness/infiniteness through its release from gripping of sensory blankets over it.all sensory experiences are said to be through spinal chord not brain(as per spiritual scince,not physical) due their lower energy levels as compared to pure mental ones.upward migration of kundalini means,gradual increase in proportion of mental consciousness and decrease in that of sensory consciousness. Reaching brain means,total flow of pure mental consciousness devoid of sensory consciousness(doesn't mean devoid of sensory inputs, but only those which are utmost important to body and that to with unattached attitude or say selflessness). Reaching highest chakra in brain means,mental consciousness is at highest intensity and about to merge into the same infinite consciousness, from where it had departed out. Note-"mental consciousness is at highest " doesn't mean that it has all set out to bump out

one's heart,but actually it is clean,calm and peaceful consciousness devoid of jerky disturbances of sensory and egoistic origin.
Dear friends. As per my own experience- kundalini awakens-a strong mental sensation provided by anything (study,love,friendship,knowlegeable good company,yogasan/postures,pranayam/breathing exercises or other human attributes or all of them or some of them)-aasan and praanaayam ,2 limbs of rajyoga. Kundalini propelled upward to brain-all sensual interferences mediated through spine avoided or minimized or with unattached attitude-pratyaahaar limb 5th of rajyoga which means "against eating /sensing ". Kundalini raised higher in the brain-dhaaranaa limb grows.actually repeated sensation is key to its dissolution completely, even its hidden imprint. All sensations entrapped in memory revolves again and again in the brain .Sanskrit word dharna means,power to bear /dharan.when all hidden imprints dissolve,the room of brain is empty and able to bear anything.but it is not allowed to bear as senses road is blocked. Kundalini reaches highest centre/chakra in brain ie. Sahasraar-meditation limb-every debris burnt.mind cool,peaceful, light,joyful,undisturbed and empty.kundalini conciousness joins its source/infinite consciousness-samadhi-last limb of patanjli rajyog-sudden experience of infinite.yam and niyam limbs are related to human attributes as an aid to develop other limbs.intensity of brain activity dependent journey. Hyperintelligents and lucky persons develop last 3 main limbs without any aid and difficulty.other limbs develop suddenly by itself.all limbs are interdependent on each other.it is sure that no escape from this route is possible. Techniques may vary,names may vary,religions may vary,faiths may vary,practices may vary.its a mind science in fact.
Dear friends-as per my own experience- practice is the actual name of one limb ie.Dharna/concentration/mental disburden.dhyan /meditation and samadhi /union are by itself.asan and pranayam are only as an aid to practice. Yam and niyam,first two limbs are just human qualities which every social man already have.practice has 3 types-passive,semi passive and active.passive-for most lucky person.the society help build the mental sensations with sensory restrictions. Easiest and quickest to fruitify as there is no any ego(I have done this and this)since the start so need not to be dissolved.semipassive-a clever and egoless start given by the practitioner although in a natural flow and not arbitrarily,thereafter helped by the social system itself.semilucky persons grab this.ease of shedding ego and quickness to frutify depends on that with how much egolessness and unattached attitude, the start was given.active-for unlucky and hardworking. Whole world is searched out to get pure mental sensations,white collar jobs preferred,rushing to cities and wealth.great threat from sensory delusions and ego.some wise ones prefer asan and pranayam limbs of yoga.there is less threat from sensory delusions but ego heartens them(I am practising myself).
Dear friends,There is plethora of favourable conditions needed for the self realization,as much as of required to support the life on a planet.therefore, self realization by worldly methods(with varying effectiveness) is not possible in a single life.it is a multi life event.yoga has imitated this natural event scientifically and has made it a single life event. It is in the same way just as the natural favourable conditions to cause a rain fall are impossible to be recreated artificially ,but making a Polyhouse solves our purpose of keeping the moisture at the desired level for the plant life,without much dependence upon the rain delivered water.
As per my own experience- Dear friends, that water is nectar, required by the conscious life to fully mature. The same is "yogashchittvrittinirodhah"-yoga as complete suppression of mind(both expressed as well as unexpressed) of patanjali.the same is egolessness of worldly people. The same active principle with different curvatures. Little worldly perceptions are like the scanty and infrequently occurring rains.filtered rain water collection pit is subconscious mind.little showers are collected through roofs of eyes and ears ,without trying to modify the clouds/sensation causers(as it is impossible or foolishness). Other senses are like a diverting valve,closing the supply to filtration tank and diverting the dirty water directly to higher brain centres,causing moisture(sensation) variations greatly ,thus damaging the life there.visual and auditory centres are filtration tanks where bad points are filtered out.last three limbs with asan and praanayam of ashtang yoga are drip irrigation system."spiritual fiction stories in pure sanskrit" are 100 hp pump(most powerful) as it modulates the dull wordly sensations to spurious and pure mental sensations with its power to open up the thinnest of the drip

channels/nerve channels ,even the blocked ones.water/sensations are pumped out of subconscious mind and again filtered out of left debris,if any.continuous flow of healthy and clean sensations is fed through the drip pipes of nerve fibres to the deepest and highest brain centre ie. Between the eyebrows. Thus,constant and continuous maintenance of clean moisture(sensation) is achieved there without fluctuations. It keeps that centre alive and growing .at maturity of crop/life there,water input is closed(total detachment) and all of the water/sensations in the system is allowed to be consumed.it means ,all unexpressed(stored) sensations are expressed and thus consumed by the ultimate life,which is growing in the top air conditoned room/sahasrar chakra.this is final maturation of crop/ super consciousness/samadhi.thereafter,none of water(available as well as stored) ,so none of sensation(of presence as well as of absence) ,but only a joyful bliss of maturity felt.then shortly, the crop/ultimate is harvested/totally detached with the same joyful bliss converted to the full conscious life/crop independent of sensations/water.Unattached attitude and egolessness are POLYHOUSE covering/safe enclosure .these are yam,niyam and pratyaahar limbs. divert valve is misnomer for senses other than eyes and ears.these causes overflow of dirty water (unhealthy sensations)with moisture irregularity and disease outbreak to incumbent life.closure of these is pratyahar limb.Dear friends, that water is nectar, required by the conscious life to fully mature. The same is “yogashchittvrittinirodhah”-yoga as complete suppression of mind(both expressed as well as unexpressed) of patanjali.the same is egolessness of worldly people. The same active principle with different curvatures. Little worldly perceptions are like the scanty and infrequently occurring rains.filtered rain water collection pit is subconscious mind.little showers are collected through roofs of eyes and ears ,without trying to modify the clouds/sensation causers(as it is impossible or foolishness). Other senses are like a diverting valve,closing the supply to filtration tank and diverting the dirty water directly to higher brain centres,causing moisture(sensation) variations greatly ,thus damaging the life there.visual and auditory centres are filtration tanks where bad points are filtered out.last three limbs with asan and praanayam of ashtang yoga are drip irrigation system.”spiritual fiction stories in pure sanskrit” are 100 hp pump(most powerful) as it modulates the dull wordly sensations to spurious and pure mental sensations with its power to open up the thinnest of the drip channels/nerve channels ,even the blocked ones.water/sensations are pumped out of subconscious mind and again filtered out of left debris,if any.continuous flow of healthy and clean sensations is fed through the drip pipes of nerve fibres to the deepest and highest brain centre ie. Between the eyebrows. Thus,constant and continuous maintenance of clean moisture(sensation) is achieved there without fluctuations. It keeps that centre alive and growing .at maturity of crop/life there,water input is closed(total detachment) and all of the water/sensations in the system is allowed to be consumed.it means ,all unexpressed(stored) sensations are expressed and thus consumed by the ultimate life,which is growing in the top air conditoned room/sahasrar chakra.this is final maturation of crop/ super consciousness/samadhi.thereafter,none of water(available as well as stored) ,so none of sensation(of presence as well as of absence) ,but only a joyful bliss of maturity felt.then shortly, the crop/ultimate is harvested/totally detached with the same joyful bliss converted to the full conscious life/crop independent of sensations/water.Unattached attitude and egolessness are POLYHOUSE covering/safe enclosure .these are yam,niyam and pratyaahar limbs. divert valve is misnomer for senses other than eyes and ears.these causes overflow of dirty water (unhealthy sensations)with moisture irregularity and disease outbreak to incumbent life.closure of these is pratyahar limb.

Actually,Yogasan,pranayam and like Wise works are pump and puranas(treasures of spirituomythical stories related to our social life,in rhythmic simple and beautiful Sanskrit) as fuel.with practice all works become asan and pranayam.modulation becomes with much more ease if there is cordial relationship with the puraan devotee then it doesnt matter wheather read himself or not.

Effect of modulation- Mental Sensational joy is so much extreme that it appears if anyone has enjoyed all senses to fullest of their potential, even beyond.real sensual joy appears as darkness and foolishness here.we can say in other words that mental stamina has surpassed all the senses or say mind has developed supersenses,and that too without the usual sensory delusions.many great works in the world can be done at this stage,but real yogi doesnt get cheated by worldly

senses.he uses his spare and mind deluding time in study of any of humane subjects(science,philosophy,art,literature etc).it also reinforces the pure mental sensations and also bexomes a great scholar of merits,many times.this repeated mental exercise causes arousals of deep subconscious thought imprints since many births and get unloaded of sensory delusions therein, as there is no any sensual partnership now.it is now pure mental sensation.it means,delusions go away washed steadily and rapidly.a guru or say well wisher is must at this stage for defying over worldliness and keep mental senses sharpened with puranas etc. The practitioner is also inside the gravitational fields of supreme joy ,now.he feels himself light,empty,open,vast ,devoid of burden and an astral type.next,their is sudden self realization.
Study of science by that practitioner, as a joke- This mental sense is also termed as 6th sense or 3rd eye of Shiva opened.he studies science with so much mental intensity and deep and detailed study that every practical is done by him mentally.simple students laugh at him for not becoming serious and he laugh at them for rushing around practicals like a playing pup and having low intelligence. He sees delusionary (sensual)darkness inside practicals.
It is famous that the repentance is the best sin healer. Actually attachment and sensory delusion is the greatest sin.at time of sin fruiting,mind remembers the sinful event again and again consciously or subconsciously causing unloading of delusion which was loaded due to involvement of senses.as much as the magnitude of sin,that much is its remembering along with the complimentary suffering. It is said that yogic pranayam also help get rid of sins.the principle is same.
Dear friends,I think that self doesn't reside behind the eyebrows but somewhere in the area in verticle plane crossing head just ahead to the site of tying hairy knot (by pundits)on backside of the flat surface of head(ie. In the centre bredthwise but more posterior,lengthwise).not much deep there but towards the top.you can feel deeply loved and your true self loaded with subconcious thought there,during deep meditation. it is probably the sahasrar chakra.behind eyebrows,is deep intellectual centre as when we think something attentively,a clear analysis is felt behind eyebrows and a strain also felt there with externally.
On trying yogic pranayam with constant attention on sahasraar chakra,we experience dark self there.this darkness is due to loaded delusions on the self ,which in turn are proportional to the past actions and fruits (with senses involvement).also called as subconcious imprints/subconcious thoughts/sanskaars/agyaan etc.on hitting breath there,these are not decoded easily in our awakened state but releases themselves in the dreams.these become then pure mental sensation without senses involvement and the delusion is thus unloaded out of the self/soul and self becomes proportionately clean.so,don't be afraid of that darkness. Recently loaded delusion is unloaded more quickly and seen as clear waves of thought in the brain revolving again and again untill its full unloading from the self.
Observed wonderful mind calming effect of yogic exercises just few minutes earlier as mind was shakened today with materialism.actually,breath exercise goes side by side along with yogic postures.i didnt feel need for separate pranayam.two in one exercise.
It is not that having unattached attitude makes the sensual experiences totally safe.considering fire as a snow does not save from it's burn.it is true that unattachment causes sensory delusions loosely bound with the soil which in turn are quite easy to shed,later on.
Unattached attitude does not come merely with the lectures or simple inception. We have to device methods for it,suiting our professional and personal life style,so that each and every moment become unattachment oriented ceaselessly and effortlessly. We get physical and spiritual progress both together, then.
Hindu puranas and karmakaandas/nature worship are examples of such types of community methods.one can also develop personal method suiting him.
Sensual activity silently approves that consciousness is outside and we ourselves are nonconcious.in the same way,pure mental sensation automatically approve that consciousness is inside us,not outside.
As much as mental force is needed to oppose the sensual urge,that much strong is the pure mental conciousness and that much concious the self is approved.so,it is good to have sensory teasers all around.

Yes,kundalini machine is possible. Any gadget capable of inducing pure mental sensations ,independent of sensory inputs ,can cause self realization. In scriptures, many stories exist when certain spiritual magician or demigod induced experience of mental world totally similar to the real one,directly inside the brain of his devotee, without the involvement of external sences. Now,I come to clear cut practical philosophy. Patanjali says that an external and physical supportive object is needed to get a pure mental sensation,as strong free of accompanied thoughts as better.as per patanjali,subconcious imprint of this pure mental sensation burns all other worldly imprints ,just as the sun nullifies a candle both by overshining it and hastening its decay. In the last,this physical support is also abandoned ,which results in its mental decay with time.this results in total mental emptiness with accompanying sudden self realization. is there any better support possible other than a beautiful and well behaved girl?I think Patanjali could not tell it boldly as social culture in ancient India was the same,as it is now.isn't it true ?any suggestions and queries, please?
There is respect and motherly/sisterly love mentioned to be done towards feminine but can this account for the whole hearted and single line support for the pure mental sensation of an opposite gender?
What I say ,it is not merely a theory,not merely a philosophy.I believe only in practical.mental space is the best territory (without limitation of nation,state,religion etc.territorial boundaries), Mind is the best laboratory, experience is the best practical and self realization is the best confirmation.
Patanjali was extraordinary patanjali,Einstein of spirituality. He was a great sociologist too.That is why he specifically not mentioned any particular external object as meditation support .he knew that each one has his own test and preference,which can be living or nonliving, male or female,man or animal,luxurious or dull and coarse or fine.
People say that don't divulge your gains to the public otherwise you are egoist. Question is,how the public will come to know the truth ,then.it is the reason,inexperienced babas and gurus are highlighted with real self realized being found rarely inside the dark caves.liers are heavily advertised and truthful are seen with suspicion.this all has happened since prehistoric. This shows that ninety nine percent of existing spiritual literature is fraudulent, if it is believed that truly self realized knows only the language of true love,nothing else.
Actually, the human brain is a big confusing heap of misconceptions. Biggest misconception, for example is the belief that unattached persons are slow,physically.you guess yourself ,which one out of these is slow to run,honey or the water.
Icompared patanjali with Einstein so there is no question of telling him fraudulent. I raised finger on his biased interpretors. For example,patanjali has not specified meditation supporting object -ektatvaabhyaasaat,yathaabhimatdhyaanaat vaa etc.conceived good/abhimat by majority of human is human beauty so better to concentrate upon.if it would have been stressed upon ,there would be love and love everywhere along with quickened enlightenment and religious harmony. Regarding my topmost experience, I explained all in the start to create interest in what I say.afterwards what i wrote that is total practical which I have experienced myself.what i said earlier that there existed plethora of favourable conditions for my self realization,i will totally explain those whenever free.as it is story type and somewhat complicated.all matches with what patanjali says.great mastery of patanjali is in the sense that he has made that natural process as synthetic.i can explain the entire process.process is same,but i can not explain how to make it synthetic,because i have experienced it in natural form,not synthetic form.how can i explain that which i dont know.if millions are studying patanjali and getting benefitted then why they don't share their self realization frankly as I did and why the experiences of majority of those don't match with the confirmed description of reality in the scriptures. Glad to know that you are not taking all this as my ego.
Self realization /yoga is such a complex subject that without the full blown arguments, queries and suggestions, achieving success is a nightmare. With you,In CD of my memory ,flashed the extra happy and calmly smiling face of my 50 aged grandfather at that time when I had told him my self experience. He felt gratified immensely and offered to me the degree of complete perfection and attributed all that achievement to the environment made by his vedic system, continued puraan reading at his nearly blind aged stick supported mother.he was a poor but

satisfied vedic priest.it was spiritual facet of the story. Ignorant of the Opposite materialistic facet and not desirous to know altogether so I accepted their accepted face to view him happy ,even not giving a hint of thats opposite.at that time my father was also present there but he neglected it, perhaps doubting or preventing my ego to develop or for avoiding my exit from materialistic family line as usual with babas opposed to my gf who wanted to make me dedicated Sanskrit scholar and worldly well known spiritual leader.will of father dominated and as per his wish,hiding the truth forcefully in my heart,achieved a lot of materialistic worldly success although with depositing mist over the truth.gf couldn't support me much and passed away but I continuously feel that he is totally free and fully self realized in bramhaloka/adobe of bramha.Two inferences can be drawn here. he self realized first and made me as second one with his company,but then he should have divulged it to me as two self realized are best friends and companions to each other.second is that I self realized first and due to his strong bondages with me,he was directed to bramhaloka at that time automatically. Practice of yoga never go futile.it returns in next birth in the form of favourable conditions. Biggest bondage is fear from death and rebirth. It is due to attachment. God knows every good for us and we don't need to worry.

Ihave made an unique personal technique to remain unattached always. As I have studied medical science and belong to the related profession so I think of all the body cells doing their work humanely as per the situation but without any egotism. Whenever thinking not suffices, I start writing about that in Sanskrit .in this way,my every work and even every breath becomes worship ,automatically.

Iask all members if the below fiction story (totally based on patanjali yoga) phenomenally is possible- Love is also a samadhi.when a boy of touching maturity age likes very much a beautiful girl due to best tuning between them due to some unknown past births relationships, he stares upon her in an attached way with his full mental natural happiness and deep emotions but prevented from unsocial step over due to not meeting alone(ie.why knowledgeable advice not to stay alone with any type of lady for long) and cultural restrictions.also,he is silent always but guazing only.a constant image of her starts forming in his mind starting as dharna(trying concentration). Then full concentration achieved called as dhyana/meditation.in dhyana,there is no full bondage with image as there are three identities felt simultaneously ie. Dhyata/meditator, dhyan /meditation process itself and meditated/dhyeya as all separate.when concentration deepens,only meditator remains ie. he himself feels that her form is the only form he has.it is also seen in world when love exceeds a threshhold.then it is called that both have been coloured in each other's colour. this is samadhi.it is of six main types.firstly her image with her qualities in mind is viewed.this is first sampragyat samadhi ie.savitarka(with vitark/arguments/views of her qualities etc) .when an extra clean image is viewed without her related qualities,it is 2nd ie. Nirvitark samadhi.when not in view,that time too, her image in mind and that's hidden imprints continue exposing his past life's all hidden imprints and thus burning(getting consumed) those.now sensation become so much strong that in her absence too,her image gets fixed in mind with related thoughts.this is savichar (with associated thoughts)samadhi.image strengthens and become nirvichar(no thoughts) samadhi likewise with image only without other related thoughts.now,fifth is anandanugat(joy associated) samadhi.here ,self starts shining with some inherent joy although some ego is there.deepest absorption of her image is in the form of asmitanugat(associated with finest ego imprint) samadhi.here ,egolessness type is felt with more brighter,joyful,calm and burden free self as all the past imprints have gone burnt by this fully absorbed mental support.this support is itself loosening know due to infrequent meet and guess of loosing that girl soon due to social reasons.means,asampragyaat type(nothing known) samadhi is starting.now he has been handled by a spiritual man so he is protected against falling into evils due to discourage.he nothing can speak about his relationship with her because he has done nothing.only he has grasped her image mentally. Guazing to each other affectionately is right of everyone.This is inexplicable attraction between both.may be past good karmas of both fruitifying. Now ,he is doing his work as usual and losig hope of her.image starts dissolving.present work and its imprint not getting hold of mind due to support of spiritual man but mainly due to the image again appearing from the dark self only to burn those newly developing imprints,again getting lost as darkness/imprints inside the self.this process goes on

intermittantly as per need.a beautiful and strange interplay of rescue operation and flying away by that image continues.this lost phase of that image(only remanant mind) is called nirodhaavastha(phase of shedding last mental form/dissolution) of asampragyaat samadhi.when image again emerges,it is called vyutthanaavastha(standing phase of that last mental form/image) of asampragyat samadhi.when image has been shed in nirodhavastha, imprints of shedding(nirodh sanskar) are on self.it is not final although he has started experiencing the difference between true self and imprinted false self since much long ago and this differentiation was progressing onwards.he can slip to base floor at any time.with spiritual environment all around,he stops doing any special/wishful work for sometime due to unimaginable secret inspiration from God and he depends on religious stories/puranas for a time period along with spiritual guide to subsist(as human needs any of the action mode to subsist), So no need for the final imprint of that meditated image to be visible(as no need to guard against imprints which are formed on self by wishful work) .so,suddenly that last imprint is also shed and the imprinted self is again converted back to its pure self form,means self realization occurs.story of girl is to her side depending on how she tackles the attachment alongside quantum of favourable conditions gained.can this occure actually ? If it occurs,can this natural attraction and affection be simulated?how to fix a mind forcefully to anything like air,water,idol,mountain,sun etc?even the image of a man can not be settled in mind as efficiently as that of a woman.it is most amazing and challenging ?how to create intense attraction and love artificially? How patanjali has simulated this God controlled process artificially,it is an area of research. Any comments,sugessions and queries(Materialistically or spiritually),please.

The same love yoga was practiced by gopis.those girls were fully attached to lord Krishna.that had placed them in sampragyat samadhi.when the lord Krishna left his village vraj,those gopis lost their last support. That emptiness placed them into a sampragyat samadhi.lastly,raas/an universal dance of lord Krishna occurred with them.actually this is self realization by gopis ,not a bodily union,but a devine of their self with supreme self/Krishna conciousness-iskcon

Similarly, how an ordinary human being full of many impurities, can be snugly fitted in the mind.therefore, mixture of two forms is made.physical body form is intermixed with the devine form as described abundantly inside the vedic spiritual mythical scriptures. It proves,nothing is bad in this universe,Only thing is that we don't know proper manipulation and intermixing.

s per patanjali,we can transform ourselves to any form by sanyam ie.Trinity of Dharna/concentration, dhyan/meditation and samadhi/complete union with that form.this means,attraction to and absorption of any form can be done artificially with Stern practice.once well established, that image creates attraction itself and strengthen its fix.this is because all past imprints goes on decoding and burning on that image making that image as associated favourite. Further process is similar to love yoga.sampragyat (well known-image)samadhi's imprints burn down all the past life imprints. Nirodh vritti(mental wave of occlusion/rejection) causes dissolution of that last image forcing us into asampragyaat(nothing well known-only imprint of rejection wave on mind remaining).with further advancement, an intution for strong and complete rejection of word (even its seed/imprint)develops called as parvairaagya/super rejection attitude.it gets dissolved itself too ,after dissolving that final rejection wave.that is complete emptiness when self realization occurs.
If emotions are intense and natural such as in love yoga with favourable conditions/master,two years are enough for self realization.
As patanjali has said-teevrasanveganam aasannah-for people with strong emotions, yoga practice quickly fruits.
Best practice is simultaneous launching of yogic and tantric practices.with yogasan and pranayam, hidden mental impressions of past activities lose their potential energy (inherent tendency to become activated/expressed under favourable conditions) by appearing again and again with help of forceful aerobic concentration on body chakras.meditation on each chakra manifests the hidden imprints of that's related senses.present and future is taken care of by the

tantra system whereby unattached attitude is displayed in each and every activity just like our body cells display.it stops imprinting our true self.
Objective support is only for the temporary sustenance until the start of asampragyat samadhi/nothing well known/emptiness/vaccume for self realization,because no one can behave and act well in practical life with old imprints vanishing away thus producing jerks in the level of our consciousness. A stable consciousness of that supported object in mind saves us from those jerks,prevents our rushing towards those imprint coded objects in the search of consciousness joy, thus preventing further imprint generation,as this supported object divert our attention towards itself and away from the decodifying past(attention/attached attitude is a nourishing diet for decodifying thoughts), produces unattached attitude In our present activities ,as we are no more solely dependent on our present status for our consciousness(we are getting it from the support).
Yoga is the epicenter of whole of the Indian culture. Smart and beautiful personified images of natural elements like sun,bramha/creator god,Vishnu/rearer god,Shiva/destroyer god and many others were chosen as yogic meditation supports by different yogis as per their taste/liking.when those meditators attained sampragyat samadhi, many out of them became contained with the supernatural blessing/yogic siddhi and performed supernatural works in positive or negative way.in the first case,they were called as aarya/good man and in the later case,they were called as devils/rakshsa when god had to become incarnated many times to extinguish them.many hard willing and worldly immovable sages crossed that lower sampragyat samadhi and attained asampragyaat samadhi and experienced self realization. They then felt that the image of the being meditated deity was continuously rescuing them,as I described already in case of love yoga. Ordinary people then made paintings,idol etc. Of that deity as per the description given by the self realized yogi .in this way,many idols were created in the course of Tim and are revered till now.
All the lokas/abodes have been described as situated at the top of meru/sumeru(mountain)/vertebral column.it is brain,in fact.the same meru mountain is said to be the centre of the creation thus controlling everything(brain controlling the whole body through the spinal column). The whole Creation is situated around it in the form of concentric rings of waters,lands and spaces.the human body has the similar anatomy.when highest goal/God is achievable only inside the brain,then why not other petty worldly things?
Love and hate are two drivers which propel our body towards action.a neutral man is propelled by intention of duty.neutral does not mean that he is emotionless but it means that he is unattached or unbiased with respect to emotions or in other words,he doesn't feel that he will be lost without those emotions.emotions of love and hate originates from past activities which are hidden in the form of sanskar/corresponding imprints on our true self.when concentration upon the single supported object strengthen, those imprints get decoded and appears in the form of clear memory/clear remembrance of those past same birth activities but subtle or unclear remembrance thoughts of past births' activities in the brain.this results in gradual demise of those imprints and associated love and hate.now a man becomes neutral. Activities of a neutral man can not generate their imprints on self.it means those activities are simply carried away by the physical memory of brain so those can be remembered only during the life time of a man.for carrying away memories to next birth,we have to generate their imprints on self through strong emotions of love and hate/liking and disliking.this means,a neutral man is never reborn again.
This rebirthlessness happens only if past lifes' codes have been destroyed completely. The only sure way to accomplish this goal is the self realization. Mental neutrality is the added feature to minimize the worldly entanglement post self realization. There is no way to eternity other than the self realization.
'Love yoga'word is actually a misnomer. If it is worldly love,it can not be yoga.worldly love is 'remember and forget' type but the yogic love is 'continued remembrance' type.ordinary love ends up in wealth,marriage, family,honour etc. But the yogic love ends up in self realization. Woman has been made beautiful not only to make world populated but also to help man in self realization.The aim of genital relationship is not only the progeny but also the self realization for man.hindu Vedas understood this well.direct genital relationship is must for family growth

but indirect one is sufficient to initiate a woman.although osho/rajnish supports direct relationship for initiation but I don't agree with this as this brings up social anarchy and also it is usually seen that after direct contact,attraction is lost.this is what we need most to reach to samadhi.without any kind of initiation,even we can not create and enhance attraction towards a nonliving object.with proper and master guided initiation,woman starts revolving around him like a planet around the sun.actually for success,shallow relation building is started by the woman.man only deepens it as initiation.he remains silent,peaceful,smiling and smart looking always and enjoys deepening attraction with buildup of her brilliant image in her mind leading to sampragyat samadhi ie. he becomes one form with that image, loosing everything of him whatever he had built up. Actually, that guided initiation also makes him capable of tolerating smilingly,each and every nuisance created by her .he becomes speechless as love is done with second one but that image has become his own form.this is a symptom of maturing sampragyat samadhi.woman dejected of her neglect and considering it as stigma on her personality ,starts revealing all facets of her life through her expressions.it helps in buildup of her intense and single mind image in his mind.she also concious of her relation reputation ,also prevents wrong step by the man.if she guides the man to behave and act well ie. Spiritually Like be away from drink,addiction etc. ,then it happens as man is single mind for her.if she guides him to make his carrier,it happens.Oposite can also happen if she misguides him or she may lose his faith resulting in samadhi break and thus spiritual loss.now 2nd chapter starts.

A perfect example of indirect initiation has been displayed to world by Lord Krishna. He was a great yoga master.a story is famous that once upon a time in his childhood, many girls of his village were bathing naked in a beautiful pond.their clothes were seen outside gathered at a safe place by boy Krishna .he collected those clothes and climbed up the tree rooted near the pond and sat down on its branch enjoying their bath activities. Girls when tired,looked upon the spot where their clothes were placed.they became worried and started searching all around keeping their bodies underwater out of shame.suddenly, they pinpointed naughty Krishna on the tree branch smiling with their clothes in his hand.they requested him much but he refused them saying that they were insulting varun dev/water god by bathing naked.then those girls requested him to punish them but return their clothes. As a punishment, he directed them to come with hands in namaste mudra/palms meeting together ,gazing him continuously with repentance to collect their clothes and wear those up.this resulted in transformation of their mind into Krishna mind leading to their sampragyat samadhi easily and automatically ,which was later converted to asampragyaat samadhi when Krishna left their village culminating into their mass self realization/rass/spiritual dance.

Here,we can say that Lord Krishna have prevented his ego to develop, much cleverly.he has not made himself responsible for this questionable act,but he has put the gun over the shoulders of the religious scriptures ,saying that bathing naked is banned already. Another example of such an indirect initiation is Hindu Shivalingam.it's shape is indicative of persisting orgasm ,which is only possible through samadhi with the opposite gender.

This world appears very strange due to avidyaa/dark self.it appears extra bright and prominent although much contained(as opposed to the whole of self realization) at the cost of sacrifice Of the natural glare of the true self.strange!it is like a case if a man feed his own flesh to his pets.strange! Man sacrifices himself to make this world extra prominent, for nothing of major importance but to get a negligible or say misconceived competitive edge over and above others.

Unattached attitude is the basic qualification to succeed in each and every field, whether it is spiritual or worldly. It doesn't mean emotionlessness as a living creature doesn't look good without emotions. We have to perform our social duties humanely exactly as our body cells perform for body/miniaturized society. They are totally unattached. That is why they are much more efficient than us.it means,we should remain emotionless like them.it is not possible as god has created emotions and he expects from us to be emotional.a clever way to integrate both benefits, we should live emotionally but with unattached attitude.then there is no special field of self realization needed,as there is self realization possible everywhere, in each and every activities. It is another point that in some special fields like kundalini yoga or love yoga, self realization is easier and earlier to achieve.without basic qualification of unattached attitude,

even kundalini yoga ,love yoga or whatever yoga can't make achieve self realization. Even the worldly success is Miles away from an attached man.

Exhaustive research will continue until decoding kundalini.let us make ground clear by thoroughly analysing each and every spiritual practice till now, as all are interrelated and all points to same and single aim ie.self realization.

The yogic love story continues.Spiritual joy is increasing day by day inside the brain of that man as he is in samadhi.this is because his self is getting unloaded of his past life.simple remembrance causes only reexpression of past life out of physical neuronal memory .it does not unloads past life's imprints out of the self.only deeply touching love bears this extraordinary capability.it is the reason why a deep love produces spiritual/self joy,not the simple remembrance, which only relieve the brain burden. It is matter of research for modern psychologists as why the samadhi bound single image annihilate all other thoughts of present,past and future along with their imprints on self and not allow their further deposition on self,as told by great patanjali.the entire process is self propagating foreword until broken rudely and forcefully. The reason for self propagation is collaterally progressing joy ,which is the main magnetic force for each and every creature.

I used to be having fever even after self realization, against which antibiotics collected by my grandfather were an effective mean.after his passing away,my fever was not brought down by anybody because they used to inject placebo or only antipyretic to cool down me temporarily, inside me rather than an effective and self tested antibiotic to eliminate the root cause disease.My this pitiable condition lasted for about 5 years.then I discovered an effective antipyretic for me suiting with my profession. Actually attachment disease expresses itself with external inflammatory signs of desire,anger,greed,uncontrollable emotions, moodiness and jealousy. We should become alert at that time and try to calm down those temporarily and side by side curing the underlying disease with effective means preferably self tested and practical.

Prevention is better than cure.keep yourself always vaccinated.this is worldly disease and invades one who is very active worldly. How can it afflict a sitting man just as malaria can't be contracted in a mosquito free dry zone. Actually, all activities mainly arts and techniques even controlled addictions etc. are unattachment creating tactics which produce comparably longer lasting spiritual joy.a non vegetarian gains unattached attitude through visualising perishability of life.a drunkard gains a minor spiritual joy by being indifferent to his activities. An automobile driver become unattached to its emotions and feelings through total attention over the road. These tactics surely lead to worldly success but to achieve self realization, we have to reinforce humanely tactics with special means as the supreme goal demands body leaving level unattached attitude to be accomplished.

My grandfather made vaccination umbrella by spiritual reading.daily spiritual practices is daily vaccination. Patanjali says same.indifference/unattached attitude towards thoughts kill them.he sharpened and pinpointed this worldly attention towards a single focus/image in mind which resulted in killing of past life thoughts in sampragyat samadhi. Lastly that final supportive image also dissolved in asampragyaat samadhi with resultant sudden self realization.

kundalini system acts similarly.it helps in exposure of past life activities and impressions forcefully(not naturally as in love yoga) with attentions on specific crucial points of body.it helps in double way,by increasing blood supply to that particular point to make that leading point healthy as well as by following samadhi principle of great patanjali.

patanjali based "love story of a Yogi" continues. after initiation,yogi remains cool and calm showing his innocence and absence of any ill intention.through facial expressions,he shows that everything , which happened during initiation was as prebound,naturally flowing,genuine,social and polite without the responsibility of anybody. he successfully shifts his very minute ego to the shoulders of the nature.he speaks nothing as there are other workloads and responsibilities all around,although he is fully concious inside.it is like an education class environment of an intermediate school ,as there is no culture to meet alone other than groups and there are eyes and ears of everyone always open towards each other particularly with respect to gender related things as it is a main life stage for hormonal changes.it helps that yogi very much.yogi has shining image of his enlightingly spiritual guru over one side of brain and also the shining image of his lover on the same side ,nearby.the image of girl is maturing by voraciously feeding on his

past life's activities and hidden imprints,to be shed later on like a growing goat on abundance of grass and then to be sacrificed at the peak of winter.actually ,the same patanjali based hidden sense lies behind all the religeous sacrifices.image of his guru is intensifying in his mind to support him at that lonely time of complete emptiness/vaccume inside the yogi mind.actually,that image of fully devoted guru is totally scriptural and God like ie. happy and fully contained ie. everything in nothing.that image fills the vaccume of yogi mind at that time of asampragyat samadhi thus avoiding suction of worldly garbage by the yogi mind.it means,merely selecting guru anyone arbitrarily does not suffice.guru should be guru like and fully devoted to scriptures and religeous studies without his mental peace disturbing ill habits. kindly,attention please-if any gentleman is willing to compile and publish a book titled'Love story of a Yogi-what Patanjali says" using my posts,for the benefit of world,i am ready to have collaboration with him supplying additional material too.

A thing pricked my mind.Better to say nothing rather than incomplete saying.clarifying some left out points in detail. 1)guru prevented suction of worldly rubbish into my mind until self realization. Thereafter, no need of guru except a lovely relationship already developed. Relationship with master was not forcefully and artificial .it was automatic and natural. You can say that scriptural master was seen as a saviour boat by me to sit upon inside a gf guided furious and tremulous ocean.master also found a scripture appreciator inside me.thus both were mutually benefitted.

Dear friends, Incomplete saying=misconception. Famous English saying, little knowledge is a dangerous thing. Hindu religion was partially displayed to the Arab people that is why they were misconceived thus Islam was made and followed by them blindly against Hindus.actually, little knowledge and misconception are two greatest dangers to the world.
It is all about that self realized young yogi ,Not me but my time metamorph. Yoga be continued.

Dear friends, recovering slowly from mumps.felt happy on seeing so many posts.what i meant to say that Hindu religion is totally based on yoga.no one can achieve wholeness with worldly gain oriented approach. With this approach, each and every gain Will be partial and biased always. Wholeness only descends itself without any effort into patanjali stated total mind emptiness/vacuum/total thoughlessness/asampragyaat samadhi.it is the ultimate truth.very very few lucky ones(with past very good humanity actions) get this chance naturally and effortlessly ,others try through yoga.God is super intelligent. He has not given total authority to anyone to make make anyone self realized in the opposite case of which man would have surpassed his justified authority with his inhuman selfish deeds .some ones become partially self realized so that they can practice and advertise yoga.fully self realized has nothing to do with the world and wanders here and there like a mad externally and can only be recognised internally when any one tries to harm him with subsequent and immediate fall of mountain of sufferings over him.

Actually ,by neglecting yoga aroused thoughts,we can get materialistic hype (as it causes temporary relief from mental load) but not the spiritual one.we have to observe all the thoughts calmly inside the mind and wait until their self dissolution or say ineffectiveness. Actually, thoughts never become forgotten but become sterile, as those can not generate then flood of emotions and these emotions in fact disturb the none duality of the practitioner.actually, by constant observations of thoughts inside mind,we become aware automatically about their untruthfulness and sole mental origin.it is just like as we don't become affected much by dreams.in very much past, self- forget was caused by realization of world which is nothing but a delusionary bunch of mental processes.therefore, none realization of mental processes through yoga cause erosion of that delusionary effect ending in self-remembrance again. Although selfless good actions (along with natural sufferings for righteousness) don't help in self realization of anyone directly but such types of deeds appease God who in turn help gradual arrangement of natural favourable conditions for his self realization.

Biggest misconception about patanjali yoga is the belief that patanjali said thoughtlessness is complete absence of mental processes. How can it occure with a living one and even a hyperventilated yoga practitioner. Actually, thoughts are never forgotten but those become sterile. It means that belief Of their trueness is lost due to which those can't generate faulty emotions. Faulty emotions are those which are accompanied with noticeable changes in body's physiology or say activates sympathetic nervous system like increase in heart rate/respiration

rate,decrease in digestive activities etc.faulty emotions also cause arousals of mental defects like desire,anger,greed,delusions, egoness, jealousy and attachment. Sterile/seedless(means inability to cause rebirth) thoughts are accompanied with emotions which are selfless ,calm,lovingly,without bodily and mental defects ,without attachment and none over superfluous. Actually thoughtlessness term is misnomer. Actual thoughtlessness can occure only in case of unconsciousness and semiconsciousness such as with the influence of chemicals(drugs,alcohol etc),shock,comma and eventually death. Thus it is proved as per the direct experience of that young yogi that with yogic practices, mental processes are never forgotten but become sterile due to which those mental processes become friendly and self-remembrance causer ,which were behaving enemy like previously being self -forget causer in the worldly fashion ie. Without yoga.

In other words,yogic thoughtlessness is quite different from worldly thoughtlessness. WT is forcefully achieved thus accompanied with bodily harms due to stresses and strains.YT is automatic and none forcibly achieved thus quite soothing to mind and body.WT is achieved by blocking of thoughts while YT is achieved by allowing mental processes to expand.hindu scriptures /puranas in rhythmic sanskrit helps a lot in expanding the pure mental conciousness.WT is accompanied with mental displeasure while YT is accompanied with day by day increasing mental pleasure. WT is accompanied with inner darkness while YT is accompanied with inner light.WT is not self propagating thus needs constant suppressive force while YT is self propagating forward unless suppressed intentionally. WT is practiced by fools while YT is practised by a wise one.world is full of people practicing WT while people practising YT are rarest of the rarest.When practice of YT matures enough then there is sudden and automatic mindlessness with accompanied with peak of mental calm and pleasure .then there is sudden self realization. It is all as per the direct experience of that young yogi.

Whatsoever I have written till date ,it’s all as per the direct experiences of that self realized young yogi (love yogi) after their truthfulness being confirmed through the thorough investigation of the scriptures.

In ancient days,a giant king announced that he will gift his whole kingdom to one who could provide to him self realization experience even for a second,but none could do that. God is super administrator and he doesn’t allow anyone to make others self realized, effortlessly. If it was so,no one would be bothered regarding humanity, respect to God and true love.self realized can only show the correct path to others.

Even plenty of great scholars and yogis are confused over thoughtlessness of patanjali.they suspend their breathing as an aid to forcibly suspend thoughts enough to harm body.they dwell day and night inside mental darkness thus ruining both the worldly pleasures as well as yoga achievement. They appear like drunkards or druggists. They go on losing each and every feature of a living creature gradually.mind is very stubborn. Force but proper understanding is highly contradicted to settle it.mind wants to fly up to the remotest of its reaching capability when it calms down itself. Mind then becomes totally satisfied and dissolved itself into mindlessness. Freeing mind does not mean freeing the senses.yoga is a mind game only and there is no place for senses.so,role of senses should be minimized as much as possible.

Lot of practitioners never reach maturity as they keep themselves stationed at the asan/posture and pranayama limbs of yoga. Actually, these two limbs along with pratyahar /preservance are supportive aids to last three limbs of dharna /concentration, dhyan/attention /meditation and samadhi.then they blame yoga saying that yoga is not fruitifying despite the life long practice. Actual practitioners of last three limbs are laughed at and displayed as kings of fools in front of the argumentative and fruitless world.

Those dhyan practitioners are nicknamed as babas and considered as idle, slow and having made like sustained mental activity on a single issue.that is why yoga doesn’t progresses in a society.after many generations of sustained dhyan practice in a family, a single self realized member emerges.if that lucky member is given his righteous,respectful and loving post of Religious or semi religeous work(through which he has got the self realization), then his essence spreads everywhere helping all other practitioners, even layman;otherwise rubbish mainly insulting job causes his ultimate experience forgotten with time, thus can’t help the world regarding this rarest of the rarest ultimate knowledge.

I am practising dhyaan now a days.feeling day by day increasing spiritual comfort with a pace in accordance to ,with which pace my mental image is growing .

Last 3 limbs are called internal yoga,remaining as external yoga."aasannah teevrasamveganam",this sutra means that fast mind people attain self realization immediately.if explained, such full mind people attain samadhi very shortly, bypassing every previous stages;as occurred in case of that love yogi.it means,main thing is samadhi.although to reach samadhi,passing through dharna and dhyaan is must but these two prime stages don't come in lime light as yogi passes through these stages very quickly.External yoga is an aid to slow mind people to grow concentration capacity of their mind.During internal yoga,external yoga continues itself without any effort (as he needs more oxygen,body health and breath control to keep samadhi joy continued). We can say that internal yoga is direct practice of true yoga while external yoga is indirect one.when a patient can't swallow bitter drug directly then we have to deliver that indirectly through a capsule.it means,all limbs run in tandem, not individually. It is true only in case of internal yoga as external yogi can deny last 3 limbs deliberately.

How could that love yogi manage internal limbs directly without practice even any knowledge of external limbs of patanjali.he was even ignorant of the term yoga,its practice being far away.he was a moderate materialist and studying the science thoroughly.it's a genuine question. Actually, he was able to develop internal limbs without even his awareness of that process,only due to close proximity to his yogi spiritual master.a delicious sweet fruit of good company.to aid the internal flame,he was directed instinctively to work physically always with pronounced breathing such as walk on foot,Farmer field work,cow grazing etc.these all activities fulfilled the demand for external limbs.it means living naturally in a village like environment is must to achieve yoga naturally.

Master was not boss type at all. He always remained in a peaceful friendly way.although he was strictly against evil habits but with a softer gesture.it was due to his old age thus ensued weakness.It was his company which saved that love yogi from falling into the dark well of the sensual attraction.it helped in sustenance of her image enough long to become ripe and dropped away.it was cleverness of love yogi that he did not tell about love yoga and gf to his master as it could lead to his annoyance and full stop to the game.or we can say that it was a mental love.we can not tell a thing unless it is physical.how to expose one's mind exactly in front of others.we can say that his nicely natured image overridden or replaced the whole -form image of his gf.master was a dedicated sanatan system follower who used to rise early at 4-5 am in the morning followed by morning walk ,body cleaning,elaborate worship of idols/deities,sandhya(twice a day half hourly work of worship of natural gods like sun,water,planets,air,earth,fire etc. Including pranayam).then on sunrise, used to read puranas/Sanskrit epic stories in front of his mother and his wife for at least one hour.the same process used to be repeated at evening,between sunset and night. After morning worships,he used to go to farm fields work or worship at others home on invitation, as the case might be.he was very hard working, lean and fit bodied, powerful speaker and totally vegetarian except little of milk occasionally. Dressed in classic kurta payjama but dhoti kurta on religious ceremonies.he was simple,smiling, funny man.with smart and moderate moustaches on clean face,having worn two religious threads on his body ,cluster of few long hairs at back of head/shikha(sometimes tied,otherwise untied as per religious ruling). Image of gf was indicator of sampragyat samadhi as that was single alone predominant by overriding all other images/thoughts or say that image was associated with each and every thought of love yogi.so when that image was replaced by image of master then every associated thought was also replaced automatically due to association effect.image of master was an indicator of asampragyaat samadhi as it was like a nothingness for him.but with this nothingness ,the associated spirituality was there.the wholeness hidden therein searched the void of nothingness inside the brain of that love yogi and became fitted there in the form of self realization.

Many people think that samadhi only happens in closed eye state while in a suitable posture.it's not true. If a crystal clear single image remains stable in the mind always,whether mind is empty or filled up anyway; it's also a samadhi .

Actually, stages are artificially made .there is no special hue and cry when samadhi matures.everything is same since the start.only the clarity ,self sustainability and the time

period of the sustenance of that single image (selected as closest to the basic nature and preference of the practitioner, as possible). In start,we have to enhance its clarity with the help of external limbs of yoga.fixing it to mind becomes as much easy as much it is closer to the basic nature and preference of the practitioner. It doesn't mean that anyone can select arbitrarily like a bad thing,evil etc.tantric/demons select such type of image.image should have general public acceptability. That is why images of gods,masters ,great men (even quality gf if practitioner is young and without direct generative experience,as in case of that love yogi).after only few days,few occasions in a day appear when clear image remains stable without knowing that I am trying to remember/fix the image in the mind.this is actually samadhi state where there is no meditator, meditated object and meditation process itself but instead single image only.these occasions increase in frequency gradually. a time is reached when practitioner loses his own form and becomes image form only.at this stage, whatever is the status of the practitioner, image remains always in the mind effortlessly. Finishes later on,please.

Yogashchittvrittinirodhah -yoga is blockade of mental waves.mental waves are of many types,one of which is sleep/unconsciousness(pramanviparyayvikalpnidraasmarityah,nidraa-sleep).strange enough-unconciousness/mindlessness is a mental wave.ordinarily,we think it as mental blockade.it also means that becoming truly mindless through means other than yoga(drugs,alcohol,death,comma or whatever possible) is impossible.thus the word mindlessness is misnomer in contexts of other than yoga.it means,nothingness/mental blockade of yoga is not unconsciousness type but a type of super consciousness which doesn't depend on mental waves.

We can understand it in this way.day is factual.night is nothing material but only an absence of the day,although it appears as material.thus totally blocking the day also includes blocking the associated night too.the same thing apply in this case of mind too.worldly means block the mind partially (also hindering the practice of total blockade due to thereduced mental power) ,but complete blockade only possible through yoga.

I had practiced purely action yoga too.that had brought a lot of prosperity, comforts and peace of mind .although I could not reach to top with it.I think, it is a link yoga,connecting worldly lay man activities with the raj yoga so that success with rajyoga is achieved easily.It also means that balanced combination of action yoga and rajyoga is the Best for the wordly people which I had experienced too.

Dear friends, patanjali was a revolutionary man.before him,Hindu scriptures knew well the importance of dhyan/meditation but with respect to God/Om only.it was patanjali who discovered that not only of God but dhyan of any thing(yathabhimat dhyanat va) could lead to self realization. Thus,he made god available for people of every nature and liking. Once upon a time,a milkman loved his Buffalo very much.once he rushed to a ashtang yogi for true knowledge. Yogi advised him to mediate upon his beloved Buffalo. Surprisingly, he achieved self realization by way of ashtang yoga centered around that Buffalo.

Joy goes on increasing with deepening dhyan of that single image.it means,yogi becomes automatically attracted more and more towards that image with due course of time ,thus becoming more and more disciplined yogi day by day.that is the joy associated with yogi mind but appears as if associated with that image.it is like a case when dog feels taste of his own oral blood but he thinks that to be emanating from the bone being chiewed.therefore, yogi should not rush outwards in search of that image outside as then he will lose that internal true joy with time rather than growing up.at samadhi level,mental joy is at its peak.

od doesn't exist. But merely saying doesn't suffices. We shall have to experience that absolute nothingness ie. When "doesn't" also dissolves. If any body says that he is God then he is absolutely lier as God has no feeling of "I". In rare cases,one may pretend on the basis of past experience of God which he has forgotten so far due to storms of materialism. Mind is active by nature as it can't stay empty in dark.it is better to fix the mind on a single favourite image than trying to make it empty,with help of external yogic limbs.favouritism is natural as well as artificial. Buffalo can be favourite due to present or past life circumstances, naturally. Similarly, the same Buffalo can also be made favourite artificially by continuous concentration on it through yogic limbs.after some practice ,the same buffalo will turn to shining golden appearance with that's qualities and nature transformed into better ones.it is because mind has

shining nature.it cant stay dark.it will transform an ugly think into a good looking after some practice.this is why for layman,it is advised to meditate upon demigods having golden colour,good hair,handsome facial formation,clean shaved,having flower Garland, smiling face,golden crowned, beautiful coloured and lose clothes and so on.these qualities act like a primer in the start of yoga to make it easy and avoid hesitation.
We only suppose existence of God for the cosmic administrative purpose only. It is true that cosmic administration runs automatically due to the close proximity of everything to God everywhere just as iron piece is automatically and remotely controlled by a magnet, but he is still super zero and has nothing to do with that.
There is no second route to God other than peak of mental joy which is only possible through samadhi.other routes may be termed as being only subroutes to this final route.being in samadhi doesn't mean that he escapes away from the world. He stays in this world and acts like others but logically and as per need.the single image always remains in his mind,whatever or wherever he remains. Actually, that image supports him in every walk of life.actually, majority of people only know action less samadhi of yogis that is why they hate yogis.there is also a second category of samadhi which is action samadhi of worldly yogis which I consider as super samadhi as it is two in one(jenuine worldly joy amplifying the mental samadhi joy).it is fastest way to mature into self realization.his life becomes a model to others as he has all the good qualities automatically.sudden self realization in dark can never occure as darkness is what but hidden imprints of world/mind only.those hidden imprints burn on that single image flame removing mental darkness gradually. In the last,when that final image also cools due to finish of imprinted fuel,total mindlessness with self realization occurs.
It is true that occasional submersion into darkness is second phase of truth finding. But it should be circumstantial or progressive, not forcibly imposed, for the welfare of the whole of the society. It also shows us quantum of hidden impressions of our mind/world.It also doesn't mean we remain submerged there forever.the boat to come out of that dark sea is samadhi only.that is why at time of such grief ,favourite God/master is to be continuously minded as per the elderly spiritual advice. This is what ,samadhi only.this transient samadhi burns those impressions giving us temporary relief. What about supreme samadhi which dissolves grief for ever.
Dear friends, I think that the yoga practice is progressing on with twice a day schedule by all the members because in yoga,this is practice which is main,theory alongside is a minor thing and displayed forth with the inspirationally motive only.
Iobserved one principle of pranayam practically. When I put mool bandh,Jalandhar bandh and uddeyan bandh during poorak kumbhak and rechak kumbhak,I felt that my dhyan image ascended upward up to top of brain ie. Sahasrar chakra from outside or spinal chord surrounding area.it was upward migrating kundalini.hathyoga has written this thing as actually happening.
Iobserved that when digestion is optimum, bowels are clean and diet is neither too light nor too heavy,pranayam is most effective and without side effects. Hathyog has prescribed the same things.
To gain something, you will have to lose surely something. I observed that after pranayam caused peace and samadhi ,I am persistent with this gain if I act peacefully and without fight or flight. I lose this samadhi state if I become even little bit of greedy towards the world.yoga manuals have written the same
Paranoia alternating with samadhi is totally usual. Even great yogis experience it,even after self realization too.patanjali has called this phenomenon as"ekagrata parinaam", " samadhi parinaam" and "nirodh parinaam" all corresponding to ekagrta,samadhi and nirodh status of mind respectively.paranoia is avoidable through practice.
Nothing changes after self realization. He has same human emotions as before.I found that love yogi same after enlightenment as before.no supernatural powers.all are false.propagandas to encourage worldly ambitious man to enlightenment and for the security of one Post enlightenment (as he looks sedated externally).only thing changes is attitude. He neither cries in sufferings nor dances in greeneries. He has unique stability and fulfillment of mind.
Second thing that yogi noticed was that after SR ,he was stationed at samadhi state continuously for many years,through which he had ascended to the final stage.how could he be dropped

suddenly to the dark pit from such sky height. Samadhi bomb had gone blasted but fire was still burning to keep up the joy with intermittent hope for the second blast.the hope went misguided to troubles as the imaged being had already refused through strong indirect expressions using that's image ,even up to the extent of curses. Also,the work nature of yogi was fixed to be non peaceful, agitating and violent type.
At that post SR samadhi level ,he was misunderstood almost by each and everyone. He was called or recognised as moody,disobedient, indifferent, unrespectful, careless,casual,misbehaving ,none male,non responsible ,overjoyed, over thinking, over imagining,introvert, unsocial ,over irritating, fearful, over religious, fool missioned,Orthodox, over lonely and likewise.world could not bend him to his side for years.ultimately he was broken down and forgot his gain along with vanish of his samadhi status.he then became an ordinary worldly man.
Whatever he is,his story is 101% true.we should bother fruit always,not the tree.it is hard enough to explain his identity fully.if partially explained, there will be a scope for misunderstanding. He may be different gender outside and different inside,different age outside and different inside, one bodied but with minds of two or more bodies,scientist outside and yogi inside,earth dwelling outside but sky flying inside,Temporary time and space metamorph of an ordinary man,negative outside but positive inside ,simple outside and complex inside and likewise.
Love analysing attitude,although correct yoga practice as per the patanjali rajyoga under the guidance of an experienced yogi, teaches itself everything. That yogi was hanging mid sky, say inside the international space station, after being dropped down from the enlightened moon of self.he was still overjoyed there.worldly people rushed to him through regular flights to share his joy and helped him run his livelihood in return.he wasn't working for joy as he had it already so not painstrikingly busy ,but for uplifting joy of world. Worldly entangled people are a bizarre thing.they became jealous with the joyful. They say that a wasteful expenditure. Similarly, they became jealous and irretated with the enlightened yogi and discovered different tactics to downgrade him.they wanted from needless and overjoyed yogi to work and behave forcefully under hateful pressure in a pain strikingly hard and rubbish or headless way like themselves. They dont consider work and behaviour done under samadhi status or without attachment as been done.They joined together and considered or willingly termed his worldly neglect as headlessness. Unity is strength of fools.They thought that worldly perfection is the only symptom of Head fullness.they can't see the head fullness in yoga or samadhi bound work and behaviour. If enlightenment causes samadhi bound work and behaviour, then reverse is also true.actually, non samadhi status is headlessness because in this case,head only occupied ,that too only partially,during worldly interaction,but buried under the sediments of a deep well at other times.samadhi status is only head fullness status where head is always and fully occupied.
Ekagrata and dhyan are nearly synonyms as per patanjali.eka -one,agrata-aheadness..a worldly busy man can't do dhyan during his busy hours however he can be ekagra ie. Having single image always ahead and above all.dhyan is total focus on that image which is only possible during a yoga practice. Both mental status are complimentary to and reinforcing each other.that yogi had developed mastery in ekagrata under the supervision of his master,which had helped in his sudden entry into top samadhi as soon as he got a chance to unload the worldly work load for a while.
That yogi told me that he will guide me every way and teach me everything if I practice yoga routinely as per patanjali plus his advice. Actually, an enlightened guide and correct yoga practice are must to know everything including top spiritual secrets.
Every person always has a particular thing towards which he is inclined most or say which occasionally evolves in his mind,now or then.it is most probably a beloved person .love is second name to care and support. I don't know but some bizarre people may have bizarre things as most preferred.most bizarre things are there in yoga commentary books itself like mid of eyebrows, tip of nose etc.however, patanjali has advised one to concentrate upon its most preferred thing which is undoubtedly a beloved person(live or passed away to heaven),human shape idols of God at second place. That image itself is a miniatured piece of God,as we can't

keep the wholeness of God imprisoned inside mind,if exposure occurs, it is momentarily only.that piece of God floats in yogi mind as samadhi at time of trouble, depression etc. and saves him.that piece of God becomes exposed fully to yogi with time and practice.he then is qualified to get full exposure of God. It is like a case if a hydroelectric engineer understands miniaturized model of hydropower generation system fully ,then only he is qualified to undertake the large scale hydroelectric project which generates enough power to enlighten the world.

Contradiction is a good thing.it leads to improvement in the present system or understanding. Patanjali has shown classification of samadhi into different categories. He doesn't say that different categories are related to different types of objects (thick/thin) etc. It is highly possible that the same thick object becomes thin and thin with advancing meditation .my practical experience has also proved it.it means that only single image is to be selected from start up to the end,otherwise a practitioner will wander puzzled aimlessly among plethora of images without proper samadhi with none of those. I saw only one commentary written by an experienced yogi which strengthen my practical experience, others seen only as firing in the dark ,without actual deep experience regarding this matter.

Dear friends,Unlocking kundalini may not be acceptable to all.whether it is a pure physical form or pure psychological experiences materialized, isn't clear.but as far as I feel,Kundalini is a mental process, associated with and assisted by different physical parts and processes of this physical body.when practically observed,the meditative image shifts to brain from periphery when physical posture similar to something pushing upward(bandhas)) is made during pranayam.it means,that image was kundalini and it shifted to brain thinking from outside thinking,when assisted by manipulation of physical body.

My doubt at previous post dissolved regarding concentration on own body parts like chakras,heart,nose tip when I read some commentaries .these advice dharma/concentration on body parts and meditation/dhyan on personified God.it means,start is best and easiest from our own body as we are maximally attached to our own body.however, I directly practised dhyan on my mentally beloved as it suited to me due to strange and sky height attraction(gf)

Dear friends, the story of my master,love yogi continues. He could never divulge his enlightenment to any one of his community, as everyone was not willing to believe that enlightenment can be achieved through meditation on a simple girl. All used to silently isolate /boycott him or rudely behave with him on getting even a smell of such type of information.all had a prejudice that meditation can only be successful with image of God, master, heart,tip of nose,stone,wood anything but not woman. they had a disinclination towards a pure woman beauty.society was dominated by married people so they were totally unwilling ,forced by their uncontrollable senses, to even hear this claim made by a pitiable unmarried love yogi. Even unmarried youngs were following their views blindly.moreover,stationing a beautiful woman body inside the mind continuously for years ,without physical approach ,appeared a big blow to their male ego.they were not willing to accept ego less and indirect initiation ,even guided by an elderly and familially experienced master , of an unmarried girl in favour of a good moral character.they were not even willing to certify meditation upon a blended group of images of woman, god/goddess and spiritual master.he had proved through his enlightenment that enlightenment is easiest and quickest with guided meditation on a beautiful girl,but how to open his mind and show it's contents to make others believe.he had proved that celibacy is biggest weapon to kill spiritual ignorance but how to make male dominated society believe this thing.however, he searched out me inside the gatherings and displayed his amazing experiences.contd.-

Dear friends, To whom public love,they are not enlightened. Those who are famous in this world, are not really enlightened. To whom public hate,they are actually enlightened.who are not famous worldly, they are enlightened. Devils can never love angels.Angels can never be famous among devils.Darkness never welcomes brightness. My enlightened master was never loved heartily by anyone despite plethora of qualities.My master became never famous among the mass public and even bunch of people despite the supreme knowledge of peace and mankind he had. My master was really enlightened.

Joined with my master in samadhi for half an hour

Read many books on yoga.everyone talks everything about enlightenment but about his own enlightenment.
It is as simple as eating a banana.in contemplating status of samadhi by yogi A, image of a man B is so consistent and permanent in his mind that ego self of A is nothing other than image of B.personalty of man B has been derived indirectly from his image as people around deals with him according to his image.now he attracts similar types of dealings from the public by affixing image of B inside him.it makes his personality similar to B.it means,he has formed second body for way.in this way,yogi goes on preparing different bodies for him (although all headed by his initialmost primary body) with the hope of enlightenment.this matter written in patanjali yogsutra appears complicated to those only who has not achieved samadhi yet.
Art can never be natural.art is cheating .art has made this world strange and unnatural. enlightenment is natural. yoga is art.yoga is artificial copy of natural enlightenment process.hurried men cannot wait for natural phenomena which is beautiful,so they develop art to simulate that phenomena. Natural is for free dwellers.art is for caged bird.i saw glimpse of enlightenment naturally.not by yoga practice. asan and pranayam were in the form of natural hard work to survive. yam niyam were in the form of truthful social behaviour. pratyahar was in the form of control of unnatural and unsocial senses.dhaarna,dhyan and samadhi were in the form of deep natural love and attraction towards an image of fixed up in mind by law,not forced.image breakup was top of samadhi.hearty friend controlling me at this situation with sympathetic love was supposedly acting as my yoga master.my sleep was natural calmness.glimpse therein was final natural achievement. all dont get this Type of golden opportunity tgat is why yoga designed. i myself can't dare to get again naturally as how to bring that tyoe of loving society naturally which has become now the norms of past.i myself practice artificial yoga.there is no option otherwise. something is better than nothing.
We cannot say that only enlightened one is able as yoga master.a technical professor is never familiar with techniques practically but he teaches and prepares great technicians. Thorough and deep systematic study of yoga is enough to become yoga master. just as real technicians never bother teaching others ,the same way enlightened
Enlightened one is a Type of spiritual scientist.he discovers,verifies and supervises the spiritual techniques in society
It is absolutely true that we should be neutral ,witnessing all the mental activities without being affected,to become mindless. actually,people advocating this thing are pulling only one leg of the rushing burglar. we can not be neutral to mind without having atleast single image inside us as permanently owned. That image sprouts up sharply as and when we tend to attach to mental waves,thus diluting those mental debris to ineffectiveness. if we neglect mental waves , then where the mind will seek refuge as mind can't stay vacant or dull except sleep. It will be stressful to force mind to be neutral. we will have to be carefull always to prevent attachment resulting in work loss,so witnessing is not a practical method. instead,in samadhi state, we need not to care much about the mental waves whatever difficult or challenging is our task,as that single image will go on doing her job well by keeping other waves as not more than her pet animals,harnessing all the benefits without permitting lifting up their poisonous hoods.side by side,that single image will nourish and grow day by day,consuming everlasting byproducts from hoards of her pet animals. It is all just supporting the unquestionable perfection level of patanjali yoga,reinforced through my own practical experience
Truely speaking,im natural yogi,following artificial yoga art now a days to verify it.no turning off of physical mind is necessary. atleast single samadhi image should be as pure spiritual mind always.it does not allow physical mind to override you.how can anybody survive in this competitive world with spiritual mind.it is not necessary to keep samadhi image in mind throughout the day as it will kick out physical mind.it is yoga practice two times a day made,to harbour the samadhi image inside and be cool and relaxed.if anybody has no work and is boring or critically depressed then he may support samadhi image at anytime.
Dear friends,Lot of people even knowledgeables have a great misunderstanding regarding samadhi state.they think that samadhi is a sitting posture with eyes closed for a long.they also consider samadhi as synonymous for union with God. My direct experience proves that samadhi state is nothing other than a fully efficient and active state of a humanitarian person.constant

union with a single mental image effortlessly, is the only additional element ,which is present in the samadhi state. Union with God can not be achieved for more than a few seconds as God is the highest possible energy state ,which can not be tolerated by this earthly body as more than a flash.

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Icant know the reason for varying experiences of satori ,when reality is one and absolute.All religious scriptures display enlightenment experience in the same fashion and words.some say it as glimpse enlightenment ,not sustained.if it is glimpse enlightenment,then it should match to scriptural description.logically,there is no difference between cup water and the bucket water. 20 years ago ,i got an amazing self experience in my sweet sleep as a glimpse for roughly 5 seconds.i dont know wheather it was satori,glimpse enlightenment or something else. Although,it was perfectly matching to scriptural description of enlightenment. First of all,I experienced myself standing upon a river bridge in the down valley,roughly 1 km walking distance down away from my home.i felt myself as fully open,having overjoy extended from my mental waves to my self which was dark in the past.means,joy and concious light was not limited to my mental waves.I turned my head down and gazed flowing water.it (http://water.it) was having same shape and form as naturally experienced by all, although it was nothing other than bridge and my fully concious self.bridge was also physically as usually seen, although nothing other than river,its water and my pure self;spiritually/conciously.then i turned my head to left side mountain Slope (http://slope.it) having vegetation.it had actually slided down due to heavy rain sometime ago,leaving a raw earthy gap of approx. 20 meter between both vegetation filled land patches .half the river had gone occluded due to that landslide.amazingly all vegetation on the denuded patch was live and intact.also, it looked same as it naturally appears physically, although nothing other than previous two and my fully concious self,spiritually.then i turned my head upward and gazed the sun.the same experience repeated.the mighty sun appeared to me usual as it appears brightest body in the sky to all people, although it did not appeared extra bright to me and thats brightness was equal to previous 4 ie. river water,mountain,bridge and my brightest pure Self (http://self.it).it also was nothing other than previous 4 bodies and my shampoo cleaned bright and pure self. it all happened quickly within a short period of 5â€“10 seconds.during this,i was totally filled up with limitless joy,brightness,wisdom,peace and Openness.i (http://openness.it) felt myself as king of the universe or say god like during this period.amazingly,i experienced everything ever possible, inside this short looking patch of time space.amazing.day and night united together in an unknown fashion.amazing.everything united together.i simpy can say that it was highest level of our mind energy,ever possible.everything means every mental wave, appears tiny fraction of that,even appearantly limitless space and time.my (http://time.my) self was as an endless ocean of conciousness in which mental waves were as ocean waves.amazing.love and hate,both together.amazing.fearful to wicked and blessing to genuine one. on the next morning,i found

myself as fully perfect,being having achieved everything,child like,tensionless,peaceful,joyful ,desireless,natural and so on,as written in the reputed spiritual scriptures. i had experienced it not arbitrarily ,but in line with scripture.i was actually in natural samadhi and it had gone matured as per patanjali yoga. for more information on this,practical patanjali yoga and keeping yoga practice continued,please join brilliano(emergingscience.org) blog,kundalini channel, and read all posts of Hridayesh(my profile name there) in chronological order , and discuss/chat with him. it is the answer given by me on quora in responce to question,"what is satori" and then copy pasted here.

Genuine mass media doubt.zaa zaa zaa

God like isnt god in anyway.we all are not mature enough to prove our spiritual experiences ourselves. there should be reference literatures made by someone perfect.that is surely presenr.these are hindu vedas and upnishads which are not written but direct experiential words of god like rishis delivered during their direct union with god.we can only conpare our experiences with their words and believe likewise.belief is a good motivator for forward progression ,if taken un positive way otgerwise add up to ego if taken in negative way.i read how brain changes in enlightenment. the same facts are there which are put in upnishads thoysands years ago,but now dressed in science shirt.isn't it.enlightenment is not main,main thing is how to achieve it.understanding develops every moment.but my present understanding shows that nothing better than patanjali yoga.i think so.let us see ahead ,what comes out next.two types of experiences. mental and non mental.mental can be anything ie. Heaven,angels,godly abodes,personified gods,golden sky or silver sky or so on upto yaldabaoth.all limited to mind.non mental are special offcourse momentary in the sense that it is without mental support.ie.why they appear more real than mental.it has symptoms.we dont know source.but these symptoms when described as pertaining to enlightenment by rishis,then we become assured,not directly by ourselves.we only feel strangeness,realness and speciality from everything else other.we none can never know its godly source,i bet.it is only guess by comparing with experiences of perfect rishis.

God is imperfect.you wondered?i said wordly god is imperfect,not experiential god.2 gods?there was ultimate experience first of all.out of words..out of it,no experiences were possible.it was topmost experience.he wondered how to tell this to others to serve.he imagined highest possibulity of wordly thinking upto a super human who can utelize worldly senses or say can see everything,everywhere and always.he is wordly or say worldly god.actually,god has no eyes.he is only experiential. but solidification of that experience was must which however distorted actual experience simewhat although compromise was well done for humanity. Aha aha aha

It means When experience appears supreme most and at par with the spiritual scriptures and group of enlightened people,it can be termed in hurry as god like.it is enough obvious what it is. Well ,god has 7 different meanings.it is upto choice of anyone,what meaning he choses. 2nd doubt bound to arise is regarding wickedness.some say,vilence,some say lying,some say cheating,some say so and so.in nutshell,i say wickedness is attachment,non uniting attitude,dualism,polyism selfishness,misuse,overuse and inhumanity. Regarding my master,he is always in my mind,physically inaccessible

Anybody need not to get discouraged.mental enlightenment is building block for spiritual enlightenment. i used to wander with heavenly bodies here and there,in mountains,in gardens,between flowers,near sea,in peaceful and isolated locations.observing and enjoying heavenly marriages,heavenly relationships.heavenly company enjoyment. it culminated into spiritual enlightenment with help of my master.master or spiritual company alongwith mental enlightenment is very very very must for spiritual enlightenment.

In top nutshell, duality is the only wickedness

Iam searching for that momentary enlightenment experience again since my 20 years but failed everytime.you must understand how much tricky rhat experience is

Christ has advised to follow humanity through obedience, not through hit and trial/personal verification/independence

Enlightenment is tricky in the first sense that if wlllingly sought out it flies away but if not desired with practising only the senseful yogic life,it appears

My enlightenment experience had comw feom nowhere in the night.it had not come from dream state mental activities.it had appeared suddenly. Brain shaking flood of mental waves appeared only to validate the conscious express as it is habitual in our life that conscious experience is always accompanied with mental activity,never with mindlessness.pure self was first time experienced as bright,clean,concious just like mental concious waves so it is also foe sure,that was experience of self consciousness as we all know that mental consciousness never look non separated from our self at time other than self experience.
It is quite right.telling god as dead is not a bad idea.god is live as well as dead.live in the sense that it is origin of life and dead in the sense that it has no ego like a dead.i experienced him as live and dead ,both together.like very deep burried in depths. Like a lovely ghost.dreaded king of ghosts but lightful.frightful.killermost.kills everybody for ever.biggest night dancer.biggest cheater.strange light.Like moonlight. dark and light together. Neither vast nor limited.neither personified nor impersonified.all are false wordly descriptions. It is everything. it is nothing.it is both.it is silent experience only.if remembered,words destroy it.if not remembered,words expose it.it is it only.strange and amazing
Ld,he is super dead.dead of deads.everbody is doing yoga to dye.dye permanently. super death.never to be born.all yogis are fan of that super dead.zaa zaa zaa
That super dead is so much attractive and beautiful that world is dying for him.zaa zaa zaa.
Well,Psychic scientists are modern torch bearers foR patanjali yoga.what they call sampragyat samadhi as rise but asampragyat samadhi as fall in activity of temporal and parietal lobe of brain,in their own language. They propose this rise followed by fall for enlightenment means they verify patanjali yoga
LOVE STORY OF A YOGI CONTINUES- My master's samadhi/contemplative object was a beautiful girl in his younghood.at that time,all his neurones were firing at their peak producing extreme mental sensation without the involvement of external senses which could otherwise break the samadhi.when your mind is full, the whole world becomes your friend.the same thing happened with him.he was a boy from outside but actually a beautiful girl inside due to natural contemplation. then why the world shouldn't had rushed to him.he was in a close company of his dedicated spiritual master also,always. You know,girls are girls.very unstable minds basically,mainly if not under control of a stable man.a temporary and natural separation of both communities occured.boy community shifted to north and girl community to south..my master came under the company of his spiritual master,totally.you know,true spiritual masters have reduced sense of reasoning and judgement (depressed frontal lobe of brain) and reduced sence of self with unity conciousness(depressed parietal lobe).you also know that company of girl friend has opposite effects in brain.due to sudden change in company,there was a sudden transition or say downward shift in conciousness to the extent of much more than 40 %,which is known as base border line of conciousness downshift conducive for enlightenment,scientifically. my master also felt that he has been dropped from sky height to deep earth suddenly.this shock produced his sudden enlightenment.
It is the fundamental scientific principle behind the ancient Indian Master tradition. Zaa zaa zaa
Patanjali has never informed about varipus forms of braething exercises.he has only displayed the fundamental principle that withholding breath inside or outside helps sedate mind.various design of breathing exercises were developed later on based on this fundamental principle. you can make your own design as per your choice.

The same by his disciple but in a pronounced way as judgement and analysis along with separateness had grown in the form of science but advanced communication means which otherwise prevents sudden transitions through conciousness levels
Now,there comes the role of unattached attitude. Some attach to physical formations and indulge in sensory pleasures unnecessarily. They fail to shift over their conciousness facet drastically despite having a highly eligible and dedicated master,as they remain mentally bound to past worldly activities.Some save themselves from attachment snares and turn to spiritualist conciousness one day,enjoy enough benefits of conciousness shift although superficially,but fail to get enlightenment achieving shift despite their full effort as having no dedicated master.

Widespread misconceptions regarding unattachment.some say unattachment is emotionlessnesss.some say it is joylessness.some say it is escapism.life is synonymous to enjoyment. enlightenment is nothing but peak of enjoyment.enjoyment is embedded inside emotions and worldly entanglement. Problem is with hardcore materialists as they misconcieve if they enjoy the world most of all.On the other end,spiritual drummers escape away from worldly enjoyment to make press upon the stamp of unattached one.both are wrong.middle way between both is the true budhist way.taking enjoyment much more than sensually mad materialist with minimum use of external but intetnal senses, is the actual unattachment. it is a trick.it comes with practice.hahaha

If anyone drinks and eats then it is his personal body requirement.it is adjusted in activities somewhere else to neutralise his personality as ground nature of every creature is neutral which is stress free.superficial enjoyment is superb but please don't expect enlightenment there.physical joy is accelerated with growing darkness of self thus increasing contrast between self and the world.how theatre movie in a dark room and fully lighted same room can exist simultaneously. Best way for unattachment as enlightenment causer for me was a double sided friendly relationship,both with hardcore spirituals as well as hardcore materialists which cancelled one another's attachment automatically without any effort for specially practising any of these two opposite disciplines and unbiasedness from my side.it also didn't destroy my enjoyment which otherwise gets unsharpened by hassles for unattachment.it resulted in my double pronged development, spiritual as well as materialist. Once ,after a reasioning- full day,I drank at night with senior knowlegeable elderly comopany and went on reasoning -less gossyps till late night.During the succeeding morning walk,I remembered my enlightenment mediated unity conciousness with deep joy although much superficially. It proves this recent scientific evidence (although advocated in unscientific way by scriptures since millennia)that drastic and sustained shift in face of conciousness from reasoning full dual phase to reasoning less unity phase causes enlightenment.

The second subject having widespread misconceptions is that of regarding spiritual master.Almost all people imagine master as an egofull king type,wearing special dress,having a hoard of specially dressed disciples all around.It is actually not like this, but its only a imagined product of paranoiac mind.Any few incidences should not be allowed to put question mark to the scientific and experiential social system as a whole.Rather,the drawbacks if any,should be rectified in relation to the time and place.I have not experienced this system as such but become somewhat benefitted through it as felt superimposed over a modern classroom environment.one master can't be kept only for one practitioner due to scarcity issues. My master was actually not a master.He never declared him as my master and me as his disciple. He was an elderly family member of mine.He had been a hardworking spiritually practising farmer throughout his younghood. Spiritualism was his primary subject with full dedication,farming as secondary just as a side business.At old age also,he was full of courage to work ,but physically much less capable so he started reading Sanskrit scriptures day and night as and when free in front of eager family members,if any, otherwise alone.I used to study science in a nearby room,his words as a sweet bell ringing in my ears always, so his spiritual conciousness was properly blending with my materialist conciousness.I used to help him in his habit bound minor farming works,acting as a gentle yoga exercise for both of us.Friendly discussions used to run occasionally, oftenly spiritualism related but sometimes materialism related also.Good behaviour and attitude was indirectly conveyed through company only,no need of words.Therefore, no need to pressurise any belief but gentle praise of anything good and insult of anything bad.Socially required secrecy was maintained as usual with others. Actually ,master harbours a spiritual attractive light.He prefers for his company, a man with a materialistic brilliant light and vice versa as both the opposite natures are actually complimentary to each other.This blend of contrasting natures go on producing conciousness phase changes , ensuing addictive joy of little e -enlightenments very often and a big E if drastic change occures anytime.I was lucky in this sense.He was supplementing his spiritual shortcomings through my materialistic company and I was supplementing my materialistic shortcomings through his spiritual company.That was all going through mind to mind and face to face interactions in day to day routine activities, automatically,with no need to say this or that through artificial and

boring words.It can not be defined in words exactly but if said anyway,master and disciple are best friends to each other and this is in one by one ratio only because best is one and one only,means one master has only one disciple and vice versa.Social etiquettes are habit bound and have been made for body only but mind.With mind,everyone is a friend.Moreover,enlightenment is created with help of many natural and arteficial factors then why to give credit only to one individual ie. master.Attachment to even spiritualism and master too is binding and acts like a golden chain.I was saved from attachment to my master and his spiritualism due to the fact that I had a strong materialism base also.Everybody should maintain his distinct self proud and shedding it in front of anyone is a symptom of attachment.Some people harbour ego in the name of self proud.The boundary between self proud and ego is too faint to be missed very often mainly if anybody not carefull enough.This company helped me to avoid attachment to material world.When my beloved material world kicked me out of his company suddenly,I was in the company of my master as usual.As I was already fully unattached to the material world despite fully enjoying that ,even much and much more than an attached and sensual man,so I took no time to forget that world totally ,naturally and automatically,thus suddenly dropped wholely into spiritual consciousness. Drastic phase change from material consciousness to spiritual consciousness occurred and sustained for couple of weeks(exactly don't remember) culminating into a big E experience.

Ihave explained a simple,non dedicated and household system to cause enlightenment ,as I have passed through it for my big E glimpse. How can I say accurately but guess anything about a dedicated Indian enlightening system ,as I have not actually passed through that.Anybody having big E experience through this system can only explain this in details.

One theory which I suppose as true.Full time Indian enlightenment system had been made chiefly for enlightenment E (including occasional small e ie. self joyous deep insights) for worldly,materialistics and part time practitioners,not for that's own enlightenment.This system is like a diabetic sugarcane farmer who produces sugar for others but himself,that is why highly respected even revered.When the whole of the creation even God appears to kick anybody out,it is master/guru who gives him refuge at that time and also enlightenment.To save God lovers,we can say that God himself makes available a master or expresses himself in the form of master.It's true also.This is the reason for the supremacy of the master ,topmost for someone ,second to God for others.That is the reason for The same way,my master was by caste and also had become more full time practitioner due to his old age,spiritually brightened but enlightened.He could only help me but himself to touch big E . It means ,Full time practitioner is the spiritual phase,competitive world as materialistic phase. This spiritual phase is present in every culture and country,but in India,it was highly developed,still it is.It means,if materialistic phase develops in India without degradation of spiritual phase,"enlightenment for all" is possible.In other words, both phases should be accessible easily and everytime to each and every individual. This was the great , holistic and scientific system prevalent in the ancient India. People of spiritual phase are self sacrificing. They can only achieve big E if turn to materialistic phase to trigger a phase change,but in that case they can't induce spiritual phase into the general materialistic public living under their service area,especially at time of their materialistic stay.It is so because a spiritual one ought to rely upon materialism induction from a seeker who approaches him for spiritualism induction,otherwise the seeker is gainless because induction between two is mutual,not one sided.In this way ,he gets enough phase change to get small e occasionally, but not drastic shift (peak of justifiable materialism to peak of spiritualism) and resulting big E, as gained by others served by him. If he try for self enlightenment through seeking materialism directly elsewhere ,that would be a cheating and against professional ethics.Second option is that at first,they achieve big E themselves and then turn permanently to spiritual phase.This is,what indicated in ancient Indian scriptures.They expect from brahmin caste to achieve enlightenment firstly for themselves through vigorous study and discipline during their celibacy period and become dvij ie. born second time(after enlightenment) and then devote their whole life spiritually to help other caste(materialistic phase) people become enlightened.But only very few potential masters achieve their own E.It means,spiritual masters are actually socially servers,not the served which is ignorantly considered and advertised. In this way,we can see that nothing other new, but digging out

ancient Indian system is under practice.Had that system been rectified and strengthened rather than ignored totally ,there would be widespread dual growth, both of effective spirituality as well as humanely materialism unlike today,in the entire world.The same old dog is emerging in a new skin.
I'm a living proof of the ancient Indian system.My residential place was calm,peaceful midhill area.Motorable road was 5 km away from my house with scarce traffic and bus service.2-3 TV channels used to be unlike today's rush of maddening and useless channels. My master used to tell about much more enjoyment through scripture stories rather than TV programs even when same scriptural stories filmed up. Population was moderate. My grandfather was an area priest. He was dedicated, although having some little agriculture for time pass,as he couldn't stay idle .He was quite hardworking,active and slim bodied.He was totally vegetarian and non addicted to anything even tea,coffee etc.,just as the general public used to be at that time.He always encouraged his client families for truthful physical progress.He never demanded in return for service rendered by him,as he was satisfied with what ever little bit grains,coins,clothes and utensils he used to recieve.His encouraging words for physical progress meant that he was enough aware of consciousness phase change basis for enlightenment at that time ,most probably through words of scriptures and somewhat through his own experiences. Division of labour was fantastic and scientific at that time society .One dedicated division for priestship ,and teaching and spiritualism, one for earthen pottery, one for leathery, one for metallurgy,one for musical band and so on.All divisions were happy,cooperative, loving to each other,contained and experts in their respective disciplines. The experience was intensified through generations with that system,as child started learning as early as when inside the mother's womb.That system was least stressful, most habitual,intuitive,mind unloading/non deluding, natural,more social and enlightening.That system of enlightenment was predominantly gradual and imitating like a on foot walking ,where behaviour of enlightened one used to be imitated to achieve the same.Although sudden and drastic phase change for enlightenment (like an aeroplane travel) used to be practiced also,but to a less extent.Today,main attention of some knowledgeablea is on aeroplane travel type system.You know,on foot type system is gradual but much more reliable,enjoying and affordable for mass public.This type of inborn labour division was the main reason for the dual materiospiritual glory of ancient India.It was a divine system made by the divine beings.All were equal there despite the superficial job differences.There was parity in income of all groups. No beggars and poors were there.Top rated brahmin class/caste was not fond of wealth and remained sage like fully satisfied in minimum holdings. That was an amazing thing as otherwise top class collects mountain of wealth elsewhere. The same system prevails inside our body where cellular labour division is remarkable as most efficient social system.Today's labour division is forceful, unnatural,less social and mind confusing/loading/deluding.Marriages and very close relationships were not allowed between divisions/castes.That helped to forget the entire world by interdivisional lovers as the whole world becomes superimposed over the most beloved as per natural law and forgetting that beloved cause the entire world to be forgotten.That used to result in drastic phase change and thus big E if supported by spiritual division at that time.The same phenomenon had also caused my big E glimpse.The same way,our family priest was another dedicated,joy making and all round brahmin belonging from a far away village.Matching all way to my gf ,but additionally some little bit of more clever,manipulative,clean shaved ,smart ,attractive and enough white.He loved me very much in my childhood.Despite being submerged in spiritual sea always,I couldn't have big E glimpse until touching peak of worldliness or say peak of mental love affair with unattachment for phase change, aided somewhat by moderate material growth which developed in that society later on.This golden era of moderation of both the opposite disciplines lasted for approximately 10-20 years.Now picture has changed. Peak of materialism appears but spiritualism has gone enough down.Balance has gone disturbed.Not that type of division of labour is seen,so people appear stressed,joyless,unsocial ,imperfact and unsatisfied with their profession.Inter divisional marriages are being accepted,although rarely with little of annoyance to society, if any. Thus golden opportunity for phase change is on a decline.Love marriages are growing up with similar deleterious effect. Many priests have become non vegetarian, drunkard, smokers,less dedicated and likewise. They remain as like sedated

always.Don't show enough coordination with physical growth. Beat there drum separately. No unity among them.Unreal ones are suppressing down the real ones.Rushing to and wishing either blind uniphasic materialism or lame uniphasic spiritualism.I think,it is a side effect of over materialistic environment,pollution ,over competition,job insecurity and population explosion causing stressful environment of present day.Although external influences can't be held totally responsible for the mental insufficiency, but may act as a favouring factor only.It can not the blame to spiritual professionals only but also to general people who are ignoring them by rushing away to unjustifiable and blind physical growth, being made blind by the exaggerated materialism. Every work was considered equal in ancient India,nothing more good,nothing less good,which is true also as per the nature and law of karma/action.I am not history fan so don't know exactly in detail what factors split away ancient Indian society up to the level of different divisions hating each other .Now a days ,in so called modern society,50% of joy becomes prey to the uncertainity of carrier.Another 25 % is engulfed by the head to foot type blind struggle to make carrier.Last 25% is chewed by this uniphasic materialistic race.Human is very rare now.All is what,lifeless stone like creatures running here and there without a true and supreme aim of life,which is everlasting mental peace and joy in the form of spiritual awakening.Had our society been biphasic as earlier, all the bad effects of social degradation would have been counteracted,as was in my case when I was a part of that defective social overhaul,but saved by my intuitive biphasic approach. Moreover, there can be defective point of viewing from my side to some extent,as whatever level a mind has at a time,the world appears that level to him at that time. One thing can easily be concluded by anyone from this all ,for a modern man.Daily diving into fully materialistic joyful and social life frankly, along with daily diving into full spiritual life frankly and fully at least one hour in the morning and one hour in the evening without break at any cost,in the form of contemplatory yoga practice mainly or other spiritual practice as suited, is the key to enjoy the life fully with daily little e ,which in turn acts as a predisposing factor for drastic consciousness phase change ,early or late, but surely,causing big E.

Dear friends,it is all what almighty beloved God wants for the good of the whole,so all accepted joyfully ,but tried to do the best from our parts. Enlightenment is not the main,it is the enlightened behaviour which is main.If anyone gets flash of enlightenment, but dont adopts enlightened behaviour ,then that flash is useless. That flash solely ,isn't going to liberate any body,so no need to be inflated after a flash and also to rush behind it blindly.Flash is only a type of enlightenment path reminder.To my amazing, after I received the flash,all appeared to me enlightened in my surroundings.Because they were all following the enlightened behaviour already by the grace of ancient Indian system.Through there company,I was made only a torch bearer for this modern era by the nature, but I think that I could not play my this role properly.Anyway,it is enlightened behaviour and not the enlightenment itself,which liberates a man. Zaa zaa zaa

Dear Friends, My family and relatives along with close friend circle didn't pinpointed me as odd or bizarre after my self being flashed,nor I pinpointed them like that. It means,those all were living an enlightened life.They were truthfully living as per ancient Indian system plus moderate and sensible modern materialistic activities .It means they were enlightened ,indirectly.It shows the importance of community enlightened behaviour for occasional flashing of this and that member. That is why ancient Indian system gives top priority to enlightened life style rather than to surprise enlightenment,which may be favourite to modern people with materialistic lifestyle. It also highlights the great enlightening power of Sanskrit powered ancient Indian system.Not in line with that system(drunkard, nonveg,addicts,egofuls,disbelievers,bad mindedly) ,mainly non unity conscious,attached,egoful,paranoiac ,disbeliever and wicked people, were ilien to me and I to them.Although , I got enlightenment with somewhat minor role of some special backwalkers ie. unattached and humanely behavioured, mixed with major role of spirituals and fore walkers,but after flash,I was only superior in the mind of former type people intuitively.To later category,I became beloved friend intuitively ,not superior to themselves in their minds,intuitively,but started taking me as a superior ilien when I divulged the flash experience in front of one and two.So,I tried to keep silence and started undermining my experience in front of those knowing my secret to ease myself from honourful

strangeness.Then I and they took breath of relief and avoided talk spread.It means ,good humans are already enlightened,but they ruin themselves by looking towards enlightenment and taking themselves as different.They become self misguided when they take enlightenment as other than their own enlightened lifestyle.Then they start roaming in the dark of mindlessness or strange,humanity less and useless mental creations.Some even leave their enlightened lifestyle in hope of sudden miraculous self exposure.They are like passangers in aeroplane who want to get bird like flying experience outside the plane,considering that as totally different than their own plane flying experience,thus loosing there own flying joy also.I got the flash when I was just ready to slip into the way of attachmentful materialistic path ,just to save myself,whereas my belongings didn't get the self flash,who were already right on their unattached way.It means they were laking neccessory energy to transcend the mind as they were old and I was unmarried young.My agemates didnt get the escape energy as they were overly attracted and influenced by the energyless elders.It also means that these flashes are delivered to energyful individual,who is in the company of enlightened path walkers, to save him, who is at risk of falling prey to sinful track,these flashes being a type of automatic carrier to enlightened lifestyle path ,although for limited period ,whereas energyless individual has to depend on his forcefully followed enlightened lifestyle. Energyless individual inside a materialistic life suffers most as he has least chance to get flash and also lack of extreme energy required to swim on enlightened path opposite to the materialistic flow of that society.Energful individual in materialistic society uses his energy only for physical progress and in rare cases for self flashing ,if by chance encountered by a good company. It can also mean that people in a well guided and sinless society have already enlightened living so bound to be liberated without those brief flashes.I was quite good and on enlightened path through the enlightened company of my closemates,before my chance of slipping out.It means that self flash also seeks to engulf a person with a very good past record,to save him from a potential danger before hand.Moreover, I once made exit from the ancient Indian system and adopted its antagonistic ie.sinful and inhumane qualities(which are accompanied with attachment automatically) for some period in order to testify the liberating strength of self flash.To my amazing, I forgot that self flash and became a common grieved and paranoiac layman, unassured of my liberation yet satisfied in my compressed and sharp consciousness inside more darkened background of self,although I had a sense of uniqueness/distinctness/specialness /arousal up/lifted up/awakened up intuitive feeling persistent .This is unique and special feeling after self flash ,which supports and inspires one to quickly ascend up,once downfallen.It may be less ,if one derails out of only enlightened path,so one needs to be more careful therein. As This sense of distinctness and specialness without ego was present inside me since my birth,may be due to my last birth's enlightenment,spiritual practices,yoga or as a backlashing effect of my prefixed future enlightenment.Full Assurance of liberation I never felt at full enlightenment also ,but was hopeful for it at the end of life after tolerating every fruit designed for this life. It means,self flash is going to solve no purpose for those who don't want to enlighten their behaviour persistently, other than acting as a reminder forcing to follow a sinless,unattached and humanely path.Then why should we rush behind that enlightenment blindly, which is forgettable and unreliable,when after enlightenment also,assured reliability resides inside unattached and sinless life style, mindfulness and right kind of meditation, say Yoga.I dont know wheather enlightened life style is enough to assure salvation or a self flash/enlightenment is needed along with it.But I guess,enlightened life style without self flash is enough ,as per the various scriptural descriptions and my experience, in this regard.In conclusion,enlightened life style gets more weightage than the enlightenment alone. Another risk after enlightenment is that of tongue truthfulness for sometime until enlightenment fades away. Whatever he speaks,that is bound to occur in most cases.It is not known whether he speaks of the fixed and future happening in advance or his words become happening. So he needs to become careful to speak or write to avoid sense of sinfulness/separateness. Some say that transformation after awakening is permanent.Permanence is qualitative, not quantitative. It means ,level of spiritual qualities vary widely according to time,space,spiritual Practices and worldly burden. Effect was most pronounced in me up to 3 years even under the influence of blind materialistic society ,when everywhere I saw that flash in form of God and submerged in his love and prayers

always.routine jobs going on automatically like a conscious machine ,through inspiration by others.All qualities of a renouncing sage.In next 2 years,ego along with separatedness developed and paranoia came in.Own sinfulness started being experienced,as separatedness and sinfulness feeling are synonymous spiritually and both are same thing. Revived ,but to lesser extent than first 3 years, for next 10 years through spiritual and mindful company along with stay at my awakening place. Effect went on diminishing with time.Then for the next 3-4 years,I had to abandon superficially,the traditional Indian system to cope up with the stressful and much demanding job,although supporting self made modern personal philosophy totally based on Indian system,when I had become occasional nonveg with much rare beer sips as per the increased body requirements,not for 3 inch tongue.Eating and drinking this time were peculiar with persistent and more feeling of self remembering ,mind controlling,unattaching and non binding than that at time of my paranoia and self forgetting instinct at earlier few times when these eating habits were accompanied with less feelings of these emotions and sometimes even totally opposite.It means,eating or consuming habit is secondary,primary thing is attitude , instinct and extent of necessity of that thing which we are consuming.I also found that I used to get minor physical and mental harms shortly after my urgent nonveg meal and quarrels etc.,in quality and quantity equivalent to that of conviction,making me feel relieved of burden of accompanied sin ,if any,at that later time.It proves,unattached person doesn't keep away fruit of sin for longer or next birth as he is going to be liberated in this same birth.It is also proved,as early a sin is fruitified that smaller is the doze of fruit. I used to counteract mental sufferings through my strong yogic philosophical will power ,but physical traumas were bound to be born,although much weekened and diluted through the same mental power.I also find that modern edition of spiritual system has become more of a show piece type today as against the ancient edition,where it was much more deep.Main ingredient and distinguishing feature of our spiritual system was supreme quality of mental unattachment like a lotus flower,which is the mother of enlightened pathway, which is rare now although practices to support it are seen everywhere.This ancient vedic system is most fantastic and mass public enlightening,as obvious through mass public humanely qualities characterized by enlightened life style, and always gives fruit, earlier or late.In vedic time,openness was socially accepted as a cause of eenlightenment/enlightened lifestyle, if practiced humanely and systematically in line with Vedas.Today,people are becoming open like animals, without those guiding principles as described in Vedas so enjoying binding images of joy ,not the real and liberating joy,ie. Why common people have become afraid of openness and keep themselves caged inside their illusive world. An"Enlightenment for all"is possible only through this vedic enlightened lifestyle system, not through enlightenment flashes,which are rare occurrences.These flashes are experienced by those who follow enlightened lifestyle.These flashes are not sudden, and separate from enlightened lifestyle, as most people think and waste their precious life time searching for an impossible thing .In the name of unattachment,worklessness can be seen at some occasions.Means,some people having either legs or eyes,not both together.It is logical ,because as much is the medicine powerful,that much is the side effect.most effective unattachment is the ornament of hard work only.That self made philosophy kept me unattached and unity conscious ie. delivered the required boost and unattached attitude for next 5 years.Although it lifted me but kept me at a position enough low than my truely enlightened status,neither lifting up nor dropping down from a certain high level,because any forceful lift from that point would be counteracted by a concomitant fall due to lack of enough humanely emotions mainly compassionate,loving and selflessness ,generated from that lifestyle,which were although as a neccessory evil to satisfy the much demanding work profile.It means,non vedic and erratic life style,although can keep anyone euphoric,keeping at a certain level of humanity preventing from a downfall,if accompanied with unattached attitude and judiciousness,but unable to deliver the required escape velocity to transcend the mind easily.It also means that work profile should be moderate to avoid compensatory emotionlessnesss.This type of moderate humanity accompanied with equality of sins and non sins ensures human life in next birth ie. why majority of people are satisfied in this status,whereas some overambitious perform more good work than sin so booking their seat in heaven.After exhausting their good work by consuming heavenly comforts,they fall back to human life .More sins than good works propels a man to hell

and animal life,so majority of people are afraid of this situation.After exhausting their sins by consuming sufferings,they ascend to human life again.Complete sinlessness,mainly through contemplatory/samadhi yoga and enlightened lifestyle,leads to liberation.This all is scripturally described as well as self experienced by me.After that,I tried to remember the 20 years old self flash and ancient edition of indian system to enlighten the self along with the worldly activities, facilitated by a peaceful and calm stay and so on……….. Means,as many as approaches possible,that many should be tried to get awakening as who knows exactly what type of approach would suit to a what type of individual and in what type of combination.

Ancient Indian Vedic life style is one of the most powerful community enlightened life style with some of its enlightening features as- 1) worship of each and every thing in nature,thoroughly, through different worship aiding materials and procedures like bathing,hand wash,foot wash,sweets,different eatables,sandlewood paste,incense sticks,garments,ornaments,coins,sound of bell and shankh(mollusc shell),flame,flowers,rice and barley grains,havan,namaste with prayers etc. in a holy environment with help of priests.It helps to strengthen superhuman qualities mainly the unity conciousness ,among each and everything along with unattachment, selflessness, love and compassion , which are main ingredients of enlightenment. 2)Every work mainly new one is started with favouable time according to position of planets and stars.It prevents attachment ,paranoia and impulsive behaviour,which mimics the true enlightenment and help to achieve the same. 3)Intercaste and love marriages are banned but true and respectable love.It also helps to develop unattached attitude,compassion, true love ,unity conciousness and rejuvenate mind and body.These all are both as enlightened as well as enlightening qualities.2ndly,it also helps to achieve Patanjali yoga described samadhi,Contemplatory enlightenment in a quickest way. 4)Superspecialized inborn labour division ,where each category of job has been assigned to a particular division ie. caste.It has many benefits.it improves quality,fineness and conciousness of the work done which aids in unity conciousness. It also prevents development of ego and attachment to the assigned job as the job has not been grabbed by the selfishness of no one but assigned by luck or God or birh. 5)People of enlightenment division like sages,yogis,sadhus,old aged and brahmins are highly respected which keeps enlightenment environment in the society maintained.

6)Nonvegetarianism is contraindicated. It is so because vegetarianism helps in developing unity conciousness, compassion,love ,nonviolence ,non selfishness and all other human attributes, which are building blocks of enlightened life style.Anyone having extra tough work profile or under unavoidable tongue compulsion, can eat leftover sacrificed animal offered to god in a sacrificial ceremony or yajana.In Yajana ,mainly by kings and rich man,animal sacrifices used to be practiced with other religious procedures,in order to prepare a solid background of darkness to implement over,the extensive non selfish humanely works sharply with energy and enthusiasm,so to ensure early and sure fruitfulness of those acts,resulting in make book the seat in heaven for the rich clients. The sin of violence used to be reduced by the unattachment and the grace of god ,offered with variety of offerings and prayers. 7)Wine used to be contraindicated ,because it enhances dualism, attachment,separatist conciousness,crime and paranoia ,which are road blocks to enlightened lifestyle. For unavoidable cravings, drinking in marriages was allowed with necessary restrictions. 8)Relationships outside single marriage partner was prohibited ,to prevent attachment,dualism,paranoia, separated conciousness, guilty feeling, strange violence,over worldliness;all of which are hiderance to enlightened lifestyle. 9)Celibacy is expected until marriage. It ensures the same benefits in addition to conservation of energy to achieve liberation escape velocity,if heavenly call received anyway. 10)Respect and love to elders,teachers,masters,priests,sages,woman,poor,devotees etc. have been ensured; to be benefitted by their whatever enlightened lifestyle ,through induction. 11)Associating all social ceremonies with spiritual practices ,which converts simple worldly lifestyle into enlightened lifestyle. 12)Twice a day sandhyaa before sunrise and sunset.It is about half an hour to hour procedure of worshipping and thanking natural gods like air,water etc.,planets and stars ,ancestors and supreme God with water .It also has little yoga inside.It destroys sins of day and night and also produces strong unity conciousness, unattachment, selflessness, love and compassion.Full fledged Yoga on the other hand. 13)Occasional spiritual ceremonies as per wealth and time. 14)pilgrimage as per time and wealth. It produces unattachment, unity

conciousness and all other human qualities. 15)Visits to temples.It has the same effects. 16)Keeping idols of gods at home and worshipping twice,at dawn and dusk.considering them superconciously alive,so offering them all livelihood procedures and commodities as the worshippers use for themselves.It produces unattachment, unity conciousness and all other humanely qualities along with increase in working efficiency. 17)Worshipping the great sun directly at time of rice,mainly by pouring water from a bowel from height of the head towards it,gazing at him.It appeared to me the most simple and powerful tool of enlightened life style as it can be tried by anyone, anywhere and anytime. 18)Mantra are available to be chanted,for each livelihood activity.It prevents attachment and paranoia mainly along with efficiency enhancement. 19)Daily reading of scriptures. Leads to unity conciousness,compassion, love and unattachment, mainly. 20)Ayurvedic system of medicine for prevention, minor and chronic ailments. It reduces body attachment,useless reasoning, and without side effects.It also develops love and compassion. 21)Religious fasting. Helps to awaken kundalini and develop super humanity. 22)Joint family living.Develops every human qualities mainly love,compassion, selflessness and egolessness. All above appear strange and difficult to adopt in the modern time, but reality is reality. It can't be changed,our way of living can be modified to favour these. Some may question ,labour class was kept away from many worshipping and cultural procedures.It was for their benefit as enlightenment is most probable through induction without direct involvement into the procedures. For example,my grandfather, a great-great area priest couldn't achieve enlightenment himself ,whereas he could induce into me by way of loving company.Some can question that I also studied science in original english language,brilliantly nearby my enlightenment, so it could be the reason.Answer is,science studied by me wasn't as that studied by others.It was safely under my enlightened lifestyle as its part, not separate or independent. It proves,any righteous love affair and humanely science studied under the enlightened life style is a most powerful tool to achieve the enlightenment,otherwise worst binding,acting like a bidirectional river which can flush down as well as lift up.Actually ,whole world is a bidirectional river,liberating if handled well ,whereas binding if handled poorly.As much binding is a lightful thing or activity,that much is that liberating, depending on handling.It is clear that ancient vedic system had been deviced for enlightenment only,by the enlightened beings,not related to miracles etc. as thought by many. Friends,I was reared up in these types of activities and it was therefore usual for me to be practising all of these,more or less.These activities were intuitively continued by me diligently for next 10 years of my enlightenment as enlightened life style appeared to me in all of these vedic activities.It also proves,enlightenment has a smooth transition from its building block lifestyle, not a sudden event from an unrelated lifestyle ,as thought by many. Ancient vedic culture was fully alive there because my home was at an semi interior place bound by hills on 3 sides and one high rise mountain on east side,over peak of which great sun used to rise in a glamorous look. I can't believe that liberation is only possible to handful of enlightened individuals.Nature can't be so much rude.Enlightenment is only an temporary inspiration to live enlightened life style and to show the right path to the disbelievers,as it is also forgotten with continued and forceful erratic lifestyle and behaviour.liberation is only possible to anyone,if living an enlightened life style,whether he has experienced or not,the enlightenment glimpse.

Ancient Indian vedic style wasn't a religion, but a type of lifestyle. It was never forced upon anyone. It used to be adopted by anyone as per his willing.The proof of this is ,no incidence of blood shed for the cause of this lifestyle as per history. The reason is,that lifestyle was true preacher of pure love,compassion, unity conciousness ,besides plethora of other humane qualities.2nd proof is,wide proliferation of different lifestyles without any violent resistance from vedic style , majority of which were pro vedic and very few as anti vedic.At the top of anti vedic style was chaarvaak style.It considered materialism as everything and spiritualism as zero.Its slogan was,live merry till alive, borrow ghee drink to thrive,what return of an ash body. Ofcourse, flash upsets,not through the wish of avoiding that at all,but through persistent and maddening craving to have it more and more.Pre and Intra flash experience ,I have told already. I am copying my post flash experience here .You can compare it with your own spiritual experience to let me know what matches and what not- After enlightenment, a unique unity conciousness appears.Each and everything In this creation including self appears united,

and non separated. God love and God blessing is felt each and every moment.Continuous bliss and overjoy from nowhereÂ source.NoÂ one is felt as enemy,whether anyone is orÂ not.InÂ other words,friends and enemies appear equal.Forgiveness is highly pronounced. In majority of cases,he doesn't exist in his personal form mentally but in form of a single samadhi/contemplative image which was fast rooted in his mind at time of enlightenment and through which he ascended upto enlightenment. Compassion feeling is highly pronounced and at the top of emotions.All men and creatures appear lovingly as child like,struggling to grow.A unique perfection is felt.Nothing feels to be non achieved.Everything feels to be achieved fully.Mental calmness and peace isextraordinary.ItÂ feels if last station of life journey has been reached at.All burdens felt as shed away.There appears no need to upkeep the body further ,as well as to stop body functions.Life runs naturally and intuitively. subconscious blurred hints of major future events originate without any guessing done,mainly if written intuitively. Company of humane people with unity conciousness and unattached attitude is liked.paranoiac and disunity concious people mainly influentials are avoided for better loneliness.There appears no need to do any binding joyless work but works for others' inspiration. No need to run joylessly on social lines but runs for others' inspiration thus helping them indirectly to achieve, what he has achieved. No belief in joyless and binding religious norms but follows those only for others'spiritual progress.He has achieved gold which he don't want to waste mining iron ore ,means he doesn't like to forget his hardly searched self entangled in world again.He want to live knowledgefully and steadily without conciousness jerks.He doesn't like nonveg and intoxication,even such company. He has no doubts. All questions dissolved. All secrets opened up.Likes company of truely dedicated saints and spirituals.All emotions are as usual inside his brain but those are ineffective so can't generate mental trouble as those appear as waves inside his concious ocean self,thus non real.Actually,each and everything appears as waves inside his self ,thus non real and dramatic only.

ove story of a yogi continues- My master despite being in a totally silent mode, had so effectively hypnotised the girl,I think more than Krishna with my little knowledge. it was amazing. Gf of Krishna used to divert his attention to her,but gf of my master became unable to do so despite lot of her efforts.I think,mother nature helped him in this regard,by whom the process of initiation was actually accomplished through the medium of his being.The initiation was subtle yet powerful.His gf only could become able to imprint her image inside his brain ,but without his attachment. Actually, he considered her as a boy just like his friendly brother of childhood.Although she was golden and extraordinarily smart,but he considered all women even those being at opposite end of her,equal in every aspect,despite her lot of efforts to be considered as most special in his sight. Although he was already growing up in unity concious enlightened lifestyle society,but it was his first mazor leap towards unity consciousness. Nobody wants to adopt vedic lifestyle as an enlightened lifestyle,which is too old to be supported in their sense. Problem is this that neither no one is trying to blend this lifestyle with the modern living nor an uniform lifestyle suiting to contemporary time is being made.Style is just style,it is not iron or wood which gets old.Good style should always be considered new and bad always as old.Today,bad style is being promulgated with the name of modernization.It is only a style of delightful living which is perfect and eternal as dealing with eternal self,not the level of living which can fluctuate as per time and space.Enlightenment is same,wheather it was in the past or it is presently,then how can its style can change.similarly the nature is same,although man made has increased.So enthusiasts try to add later developed things such as car,scooter etc. with basic nature ,with little or no boost to effect,which has been advised in the base style itself.It means,vedic style was designed for ever.amaging.nature same,then how can style to deal with it change.enlightenment was much needed thing in past as there were no means of entertainment and comfort as these are today,therefore much more stress was given on enlightened lifestyle than today.2ndly,intellectuals of that time were having much more free mind and basic intelligence than today's folks. It means,that style was best.No enlightened man could have challanged that style basically till now.If budha,jain etc. have developed their own styles from that very basic one,then only by dissolving misunderstanding of that's followers,not changing the style in itself. It is only ego of advancement of modern world which does not allow to accept

perfect style of past,even when that style never contradicts contemporary physical development and growth.This style speaks truth and man want to evade it through ignoring by giving reference to an modern civilization.cat doesn't get away by pigeon closing his eyes. If enlightened beings are making some styles,then these are not that much effective due to their subtle ego entering there and also are based totally on vedic style.When pure sugarcane is available, then why should we favour refined sugar.Infact, basic fundamentals of vedic lifestyle can't change.How can one make contemporary enlightened lifestyle by allowing entry of violent and paranoiac consumerism when fundamental principles deny such ingredients.For moderate spiritual, this maniac lifestyle is enough for a lifetime eyewash and healthy survival,but a deep diving enthusiast needs a pure original lifestyle, which is vedic lifestyle only.something is better than nothing, so contemporary, vedic based styles may be made by enlightened beings, although sacrificing some of the original effectiveness.But infact, contemporary lifestyles are idiotic as these separate worldly activities from spiritual progress and propel people to totally leave the world to be meditating relentlessly,until enlightenment.In contrast,vedic system transform worldly power into spiritual power,no need to beat 2 drums at a time like idiots. As I have earlier pointed out,vedas tell us that world is a type of bidirectional river which leads both to downward bondage as well as upward liberation. We only need the support of its upward flow with help of vedic lifestyle. How can one achieve enlightenment by searching it in ways other than the world itself,just like denying the wood and searching for underground coal.If we device separate method,even then we will have to search for that's upward flow otherwise we will sink in that method also as that's also a world. It means basic vedic lifestyle is most efficient materially as well as spiritually,because no double paths are there.Community styles are much effective than individually varying personal styles.majority of contemporary preachers as well as non preachers say in an easygoing way,It is intellect which matters,not the style.Making intellect isn't as easy as blowing a baloon,it demands years of practice.Separately,none can practice up the intellact as it is inseparable of one's activities.when activities are down,how can intellect grow up.When falsely coded activities are developing since ages then how can apply true code to all activities suddenly without prolonged practice.When non enlightenment occured due to incorrect lifestyle, then how can one expect sudden and miraculous enlightenment without correcting the lifestyle. Science reject miracles.People adopt double standards.when they follow systematic scientific approach in materialist sector ,then why deny it in spiritual one. I call vedic lifestyle as non religion due to following reasons- 1)It was universal at that time with no religions existing, later on all religions emanating from it.only style other than that was wild prehistoric lifestyle. 2)No idols were worshipped.only nature worshipped,sometime purely and sometime in icionic symbolic firm.idols are nothing but elaboration of those icons. 3)It was not made by a single man.made by group of enlightened people through common consensus in a democratic way. 4)each and every building block of this style is scientifically perfect. 5)It gives main thrust on enlightenment and immortality in an easiest way so that worldly life doesn't get affected.In this way ,it is a evergreen lifestyle., 6)it gives freedom to think,decide and chose in a non agitating way.

That's the point.touching for love?.lol My master never touched his gf ,but endless love.untouchable caste is most loved.rejecting all food to avoid one poisonous food isn't wise.it is likw denying all religions to avoid inhumane bunch.bull will pierce non enlightened as well as enlightened with his horns.he has no discretionary power.when materially full,we will walk spiritual. Not a wise idea.material perfection will never happen.so much poor and beggers here but much more satisfied and enlightened than developed world.it was materially too perfect earlier but imperfection was forced deliberately.if there is one nityananda,there are thousand Vivekanandas also.

Iam highly curious to read whatever literature is enlightenment related including u tube videos,but I rarely saw detailed scientific description of enlightenment ,step by step, by so thought enlightened as I provided. sadhguru appeared fascinating when he remained in samadhi for 1 or 2 days continuously, but not detailed description there other than general description.I am suspicious, how can one remain in supreme energy state for extended period as his head will explode then.if not that,what state was that then.despite my very brief and dreaming enlightenment experience yet perfect in qualities and intensity, no one can rule it out.

Note-PhilosophiCal And Somewhat Deep Thinking May Be Required To Grasp This Post Fully.I have worked hard to express my experience through words.Majority of spiritual knowledge is copied ,but I have expressed my direct experience here.Moreover, you can notice these types of writings elsewhere, but their origin through direct experience may not be noticed or ascertained. Dear friends,as far as i read about,I didn't notice enlightenment in sleeping state by anybody.I think ,it's much more significant in this state as nowhere origin of it is proved maximally here.Much more reality than the whole of the wakeful world was felt by me inside that sudden and momentary flashing of self accompanied with justifying mental waves inside that bright self just like tides inside the vast ocean,which occured in my sleeping state.Or philosophically say ,real conciousness was felt in that enlightenment flash only.After flash ended,limited perception of that pure, enlightened self was felt in the form of world/mind by me.It appeared as if concious ocean was out of experience and only neuronal discharges as tides were available to be experienced.It means, neuronal activities cause appearance of waves inside the ocean of self conciousness. Just as indivisible moon of full moon night appears in varying sizes with our varying levels of sensory perceptions in different nights of the lunar month,the same way indivisible but wavy self (which appeared under the 5-10 second enlightenment period)appeared to me in the form of varying levels of mind energy or world with my varying levels of neuronal perception,afterwards ,for many years until I was fully deluded again,when those mental waves appeared distinct and separately existent without root origin or base, just like shining ghosts in the dark sky or deluded self ,as usually experienced by the general people.There was one difference. In full moon,we don't see apparent carving of its varying shapes,but in full self,I noticed all mental formations(as I described in my enlightenment experience- bridge,river,sun,mountain slope etc.) as carved apparently, not really.If there were real carvings,then all formations would have distinctly separated and there wouldn't have perfect unity feeling .It means,neuronal firings produce apparent carvings inside self which we percieve as intellect or world.After enlightenment, I also noticed that these carvings or say mental formations try to obscure or reveal the self according to lifestyle or attitude. Humane ,unattached and unity lifestyle appeared to be revealing, whereas inhuman, attached and disunity one appeared to be obscuring. In the enlightenment near times,little bit of mental waves used to cause blissful guessing or say partial reminding of self ocean ,but as time passed,mental or worldly storms too provided dull guessing only.Full perception of self ocean occured never again.Its levels were only perceived in collaboration with neuronal activities in brain,never independently.More activity means more perception,less activities with less perception. Quality of perception also varying with qualities of neuronal activities. Just as varying level of sun is visible with varying qualities and quantities of clouds in the sky.Self is compared to sun and neuronal activities to clouds.Just amazing.Jaggi vasudev appears closest to my expectations of an truely enlightened one.He is practical,result oriented, quick,scientific,truthful ,sincere,innocent,smart and unbiased enough in his approach.He appears teaching and training nicely,in a dedicated way.However,most of yoga can also be learnt intuitively by a brilliant mind through a theoretical description about enlightenment, may be indirectly even, if delivered preferably by a self practising enlightened being. Moreover, I couldn't find full description of anyone's own enlightenment including its main causal basis and effects afterwards so sincerely and innocently,as I displayed forth(telling natural contemplation yoga as causal basis-love story of a yogi; believe me,ashtang yoga is based on Divine love affair,or say,Patanjali Yoga is a type of Divine Love affair) . Neglect of yoga masters in their home nation but developed world proves the fact that physical prosperity amplifies cravings for enlightenment. It also proves that India was ever a prosperous nation. After enlightenment also,mind needs to be snared properly through contemplation rope tied to the yoga pillar,otherwise it starts jumping again and again like a bunny rabbit. I tried different styles ,but not found anyone more revealing than ashtang yoga. Let us keep contemplation yoga continued. It never fails.People repeatedly give up ,due to not sure of result.It breaks collected strength,yet makes living blissful.If kept continued at any cost, it surely yields top fruit. Now,let us look into the matter of arteficially evolved Divine love affair which is Ashtang yoga,as natural one isn't available to all and always.

Addition to my preceding post- Although, I had gone self deluded totally after many years of adopting laymen behaviour of paranoiac style who support physical mind not the spiritual one,yet I had an intuitive remembrance of self fulfilment through realization incidence , permanent ,in the form of a satisfaction that I had realized everything, atleast once. Pre as well as post self realization, I used to be fully drowned in a single contemplative image at each and every moment.Its even momentary vanish by whatever cause used to oroduce enough restlessness, paranoia and depression inside me.It means continued contemplation is nearest to the self realization.After enlightenment, I totally avoided gross form of my contemplative mental image with fear of losing that enlightenment supporting mental image,also I was hopeful of second and bigger encounter with the enlightenment. It is of sure that carving of mental formation on self was temporary as I told earlier that view of river replaced by that of bridge,that of bridge by that of sun, rapidly,although not affecting the supreme level of conciousness. question is,wheather scenes were carved really or not?If real carving is supposed,then refill of carving wounds on self,so much rapidly ,how may be possible?,specially if self is solid like screen or wall of cinema,where apparant carvings are visible through the projector light.It means,carvings on self are apparent only.Now,how to prove that self is empty, sky like,not solid like a theater screen.I will prove this in next post.
That divine love affair is nearly impossible without the aid of a spiritual society. Love affair generates intense physical mind which is being experienced as intense spiritual mind in the real time.Thus,strong flow of worldly river don’t run down ,but upward for him.
As per history,Aryans migrated to India.They appeared wise to indigenous tribes so accepted slavery to them without adopting way of conflict. They intermixed and lived so much peacefully that many doubt their external origin. Other invaders in history ,throughout the world,couldn’t win the heart of local inhabitants in this way.It is amazing.
If devotees still their mind without following proper yoga procedure, it is surely hypnosis. Yoga doesn’t tell to still the mind directly as it may lead to mental sluggishness or hypnosis. Yoga sets a procedure through 8 limbs.following genuine living, one has to concentrate single pointedly on a object.Then it matures into samadhi with routine practice for few years.then the stillness of mind develops automatically which is lively and blissful ,not forcefully and suddenly gained hypnosis.moreover, yoga sutras doesn’t advice to practice yoga only inside a lonely cave.It is practical with worldly life,which is too made divine by it.In this way, widespread hypnosis is going on.Actually, people think that 3 hours mental stillness or hypnosis with master will reveal truth as per yoga sutra that complete mental stillness is yoga. This is misunderstandings or say partial understanding. If they accept yoga definition from patanjali, they should accept his procedure too. Second face of story is this.Mind becomes receptive to divine induction from real spiritual master, if it is tranquil and peaceful.See the students and children. When they receive mental calmness,out of fear or love or anything else,they become receptive to knowledge.
Philosophical Discussion Continues- Sankhya yoga philosophy says,soul is experienced as different than the world ie. Body and whole mind/chitta,during self realization. But I experienced material world as waves inside soul ,not different,which is the teaching of advait Vedanta/non dual Vedanta.It means,practice was yogic and achievement was vedantic.It also means, Vedantic practice is not perfect whereas yogic achievement is not perfect.I haven’t read sankhya philosophy in very details.It’s possible that sankhya accepts waveless soul as top achievement unlike Vedanta which covers experience of wavy soul also inside the top achievement. Possibly As per sankhya,when waveless self is experienced,it appears unchanging,topmost and immortal unlike the worldly things(body plus mind) which are relentlessly changing,inferiors and mortal.These are the only differences.other things common to both.It may also be there that sankhya compares self with the neuronal activities which show waves inside self,not with the waves itself.This may be the reason that sankhya finds contrasting difference between self and world although wavy world can’t have contrasting look to the background self.3rd reason may be that sankhya considers dark self as world/prakriti.It is true as world remains subtly present always in the form of dark self.It has all the qualities sharply contrasting to that of true self/glimmering self.dark-light,changing-unchanging/immortal,joyless-joyful, non satisfaction -satisfaction, cruel-non cruel,demon-god,Peace less-peaceful etc.

Everything in this universe is mother. When we contemplate on a object,it surfaces at every moment whether pleasured or sorrowful to sooth us,like a mother.Women has greatest quality of this motherhood due to the fact that she is attractive and beautiful so easy to contemplate upon-An Insight based on Patanjali Yoga.
The yoga sutras of Patanjali by Edwin F.Bryant is ultimate,with wonderful description of sankhya yoga.He has covered commentaries of great historical scholars.Although I have still read half of it online ,yet it appears great and fully correct for English speakers.
Love story of a yogi conrinues-Questioner may doubt,if gf was fixed as meditation support then how was that rejected in mind in the last when everything else was burnt down.I say,this rejection instinct doesn't come suddenly. Yogi have to think of its rejection since the start of its support.It is forcefully adopted through practices,not willingly with attachment. Then ,in the last ,it drops away by itself,with little bit of yogic practice halted.The same happened with the love yogi.He was never willingly attached to her but was forced to harbour her image in his mind through her varying initiatives. In other words,he wanted to reject her since the start.That is why,in the last stage of yoga,her only glimmering image (blissful asmitaanugat samadhi) ,which had gone firmly fixed till that time as his own self in his mind, dropped itself,with little bit of fall in his routine activities along with her absence. In accordance to Patanjali as per Edwin bryant in sutra-virampratyayabhyaaspoorvah sanskaarsheshoanyah.
Little fraction of theory oriented vedic literature(upnishadas and sankhya) advice to contemplate on aatman or one's true nature,directly.It is difficult for comman people. Therefore, spiritual practices (nature worship, fast,fests,jap,tap,dhyan,meditation,idol worship, moral living, awareness development etc.) are abundantly spread inside vedic literature. These practices result in partial cleaning of dark self.It is than possible to contemplate on that partial clean self for full cleanliness of self realization. Yoga is most practical in this way as it provides self cleaning in easiest and quickest way by means of samadhi/contemplation.
The same way many religions stress forcibly to contemplate impersonal god directly, crossing all limits of hating the personal gods.You see ,how much difficult ,puzzling and non fructifying this direct contemplation.Patanjali also advice contemplation on OM (name of impersonal god),but never forces it and gives freedom to contemplate on whatever object is favourite to anyone, although preferring impersonal god for quick result.
There are only two ways to reach and say something about reality.Either the direct realization or speaking based on that of others' words who are realized, indirectly.Telling even topmost musical stories,poems,experiences and music etc. Or whatever may be,doesn't lead to desired spiritual elevation and in many cases,may lead to negative effect of enhanced worldly bondage,specially if not spiritualized somewhat through own spiritual practices.
Veetraagvishayam vaa chittam- My life matches with what patanjali says.I don't know why.here he says that contemplating a true spiritual or say yogi causes enlightenment. I was actually contemplating my close one ans spiritual family Member unknowingly.in fact,contemplation was transferred from gf to him later on.thats why It succeeded. Its really amazing
The same way my experience and thinking is matching to what Edwin F Bryant is saying in his commentary of patanjali yogsutra.it is due to fact that it is encyclopedia of all major commentaries. if anyone want to know everything aboit ancient Indian system through a single yoga commentary, it is all in one.
Ancient Indian system had a very vast nearly endless varieties of spiritual literature.jihadists destroyed most still their are mountains of these.the same subject of enlightenment expanded through new and charming stories in Sanskrit appeared new every time thus never boring with no ending even life of reader ended.unlimited choices.It means continued immersion inside the spiritual sea till lifetime which was enlightenment in itself.That was an enlightenment for all system.
OKundalini, I feel daily it during my patanjali based meditation as it's a constituent of patanjali yoga.by applying uddeyan and Jalandhar bandhs,it appears rising up from base of spine and reaches top of skull as if something airy bomb exploded there with gushing air upward which propels the object of meditation into much deeper,clear most blissful and unified stage with the self

Isee people running talking and practicing kundalini whereas they haven't selected any one object to concentrate upon.kundalini rise and fall is actually rise and fall of that object in body.the same object goes on glimmering more and more with repeated kundalini practices.If changing objects come as per mind then there will be same awareness throughout and none will ripen to mature eunuch to become completely open in the form of enlightenment
My experience that my contemplation was transferred from gf to master is proved from the commentary of great shankaracharya on sutra,yathaabhimatdhyaanaat vaa.although very high up to the level of extraordinary samadhi /contemplation that was,yet naturally and with other's support more.
Other's support wasn't voluntary but habitual as a part of enlightened lifestyle which was still existing. It doesn't guarantee enlightenment to all but favour to anyone if he gets chance anyway. Eg.if material lifestyle would be prevailing, physical love affair ensuing marriage would have occurred up to the maximum of physical good luck or contemplation break with help of drugs,drinks,nonvegs or any other physical means would have occurred ,all promoted by the physical society.There would be no enlightenment .I think it's all clear
Some tightness felt in throat.may be muscle fatigue due to breathing exercises. Searching out for the correct procedure
Yoga is advised for 10 years as preliminary preparation before enlightenment by many spiritual cults.it is very long for dedicated but not for ordinary practitioner as he enjoys worldly life along with it and yoga practice becomes like daily brushing cleaning
Iexperienced that only postures,asanaas can accomplish contemplation yoga without aid of breathing exercises, pranayam.Iyanger has proved it with design of new yoga technique.patanjali proves it,yathabhimatdhyaanaat vaa.Although pranayam have synergistic effect if combined
Patanjali has made yogsutras universally acceptable, for every humane religion. Yathaabhimatdhyaanaat vaa.ie. by concentration on whatever liking(truth can be realised). Method can vary,object of concentration can vary,but concentration is must. What is better than christ for Christians.although I didn't contemplate onindu gods but ordinary human beings,that too naturally and socially. It means,it is easiest to contemplate on a being who has been nearest for a long time and whose every activities have been charming to us.
Every spiritual experience needs confirmation from a reliable base text
Love yogi,in fact was not ordinary love guy,but he was pure contemplating lover since his birth.it was natural as socially acquired habit.first, his contemplating love was to a relative cum friend though little older than him,who used to reside in his home.he was brought in to save from sticks of his parents as they had been exhausted listening daily complaints of his 5 years naughty child even throwing stones to his teacher's head.Such a lightening man is actually contemplated by all . It was yogi style of ancient India that one thing,man or whatever was kept most favourite, at top of all.in traces,it is still prevalent
On complete realization, none can speak or right anything about, so was I.Good luck that I returned to world and able to write again
Extraordinary contemplation .object fully converted to subject. Mind fully objectified. Strangest sensation ever.overrode all other sensations. All others appeared non real like dream.he was living and working in his dreams .but dreams were jenuine not nonsense as night dreams.contemplated object always in mind even during stressful business except of sleep.sensations also predate each other.stronger one preying on weaker ones.other sensations including memory bound going weaker and weaker.newer ones not getting foothold in front of repeatedly emerging contemplation image.blissful depression progressing. Amazing. Practice on steadfast image was stopped. That image firstly inactivated others. Not destroyed but made ineffective or dream like.then started dissolving itself in absence of strengthening effort by that love yogi.ultimately ,it became ineffective, not destroyed, through spiritual company.sudden and momentry of all mental activities, expressed as well as hidden and then sh———-big bang
That was blissful renunciation in progress intuitively. The past which appeared frustrating in real time,appeared blissful and divine as being progressively unburied by that single meditative image. Amazing. With any type of mental activity that single image was always there,glowing or

dimming with others as per mental energy, although it was always brighter and more real than all others. No theory.all practical. Asking world, if it's not patanjali yoga then what's this.
In real time,mental activities were connected with the sense organs so frustration.yoga call it as 6 faults of consciousness due to sensory delusion.when these were unburied up by the strong contemplatory support, then appeared as blissful. Because then those were devoid of sensory participation.
Patanjali calls former as clishta vritti(mental activities with impediment to liberation) and later as aklishta ie. Not clishta
Ithink that naughty child was a dreaded terrorist of his last birth. He was overactive and smart with very big nose and erect bunch of forehead hair.made all boys and girls as his friends and followers although beating them gracefully on their repeated nuisances. Stealing butter ,sugercane concentrate ,coconuts from home and feeding his monkey army in jungle while grazing cows.pushing his cows deliberately into other's lands.stealing maize cobs in high mountain lands and roasting in pit fire leaving traces everywhere to be caught up.people angrily enjoying his nuisance. Stealing bananas from the backyard orchard of out of home people.
My object of meditation that's kundalini has come down of agyaa and sahasraar chakra .it's wandering at heart chakra,naval chakra mainly and sometimes throat chakra.kundalini keep on going up or down as per various conditions. We have to concentrate on it wherever situated.it will go up at its own.some practice to lift it up can be done but not at the cost of concentrating on it
My kundalini again rising up to brain with bliss.because my sensory load reduced suddenly
Why should I wait for correct crammer.it is sense that means.neither natural nor artificial yoga cause transformation alone.it's combination of both.LY observed transfer of artificial yoga to cover natural phenomenon which was made natural yoga or say former boosted the later one. He had to keep yogic life on artificially until encountered natural happening conducive to live yoga culminating into E
Iam his cursed and downgraded form that's why I take him as third person however know everything about him just as about myself
Cursed and downgraded by physical limitations
Its all about flash points of ly life culminating to E indirectly- That LY loved his naughty friend very much.He was same in friendship too however used to behave and act in paranoic way occasionally as he was much overactive,over disciplined in front and hardworking. LY was sharp observer and always tried him to pull out of paranoic path as being mentally faithful to his yogi elders.failing that he used to complain of his over naughty deeds to his elders who used to screw him when he used to do cutty or no talk oath with LY for few days.at that time LY felt very discouraged and lonely.he also used to guard behavior of LY to guide him or complain to elders.
Employing senses without attachment leads to vairagya/renunciation not pervairaagya/super renunciation which is created by total sensory withdrawal with help of yoga and the later is the only achiever of E.yoga is nothing but strenuous form of dhyaan/meditation.Ly meditated always lightly daily however in constant touch with super meditator/yogi elders .it helped him to be safe from sensory delusions ie. Development of vairaagyaa always and ultimately culminating into pervairaagya development in the end
That is the point of failure.people cover yogic dimension with physical dimension.physical dimensions don't work in yogic dimensions.some say to yogis as mad,some say disordered,some say psychic,some say crazy.these are true for physical people with physical dimension but not for yogis in yogic dimension.
Whatever I'm contemplating, it's myself nothing else.it's my energy.it's my mind.its my own being.i am nothing special to image nor the image is special to me as compared to others,even much less speciality than others.It is my mind's will power that has energised that single image through repeated practices enough to cause liberation
Smart girls are always in search of Yogis for they are excellent live mirrors for their beauty
Then after enlightenment there was community meet again in college.he was welcome with hateful killing instinct. very clever and guessful.perhaps annoyed with using her image silently for contemplation. lol.ly under full effect of enlightenment could not speak about that to

anybody as per rule.when an enlightened couldn't convince his most beloved regarding his supreme achievement then how others?sweet dish of dumb.lol.this is strange and dual personality.it appears supreme plus to spirituals but supreme minus to materialists.at least he was willing to live with dignity so diverted away his path physically .mentally?
Contemplation ,contemplation and contemplation- backbone of meditation, backbone of yoga and backbone of liberation.
Tuesdays with morri-an old man,a young man and life's greatest lesson Quoted as reference only.nothing knowing about book. Attractive queen was contemplated naturally by love yogi upto liberation as continuous direct company of a knowledgeable old man as available was entertained separately, bringing not that matter into his notice to avoid his disinterest or casual approach regarding companionship.reason is clear.it prevented worldly steps either way and maintained mental divinity of the image. It is that greatest lesson
YoGIS are very clever like lizard.They keep enemy world entangled with their tail of contemplation image ,being safe himself from its delusional bite.After tail dying,yogi produces another tail of contemplation.
Ialready said,yogic life is foolishness for physical man.both can't run together. this mode or that mode.i remained in physical mode for 4 years when I hated yogis.lol.i found only darkness in that's end despite momentary physical flashes in between. before that,i was in yogic /Contemplatory mode since 15 years the period of which was amazingly enlightened and in between which was the supreme gem of enlightenment as exposed out into the realm of my experience. In yogic mode,my being used to be in form of contemplation image like tail of a lizard. In physical mode,my own being used to be actual what i am,that is cluster of thoughts with their hidden impressions/ subconscious alternating and groWing as per situation naturally. In this way ,later mode was more scientific as well as suicidal whereas former mode was less scientific but super Saviour mode.lol

urely lightful fruit grows out of seed in darkness underground. but through gradual transition, not suddenly.the same way, i became more and more lightful gradually ,in first 16 years through spontaneous induction from yogic family environment, in next 2 years through natural yogic contemplation facilitated by favourable natural conditions nearing peak of which i analysed intuitively and affirmatively,"my self is in the form of contemplation bound continuous image since 2 years,not dark self as earlier.if it is by way a product of specific and consistent mental wave then why should i feel it as my being which is enlightening slowely my all pervasive dark self just as sun enlightens the dark sky".that thinking was actually experiential, not gross.this growing sense of light and cleanliness in my self culminated into enlightenment.
One difference between dedicated yogi and me was that dy loses all worldly flavours forcefully but i was losing due to being failing amid the intense competitions all around by God's grace.that is yoga of helplessness. lol.2nd difference was that dy abandons worldly growth and expectations forcefully to become zeroed, but i was striving very hard as a most ambitious person of the world but made failed totally and zeroed momentarily only to be bestowed with enlightenment by God's and master's grace.Thereafter,ambitious journey again speeded up with continued successes.
Through medium of third person,it feels better.Anyway, that Love yogi was special. total absorption. totally imagified(transformed into image) wheather he was active or still.image projected everywhere and in every activity. each and every moment ,that image existed,like a pleasant ghost.lol.brightest and clearest than any of mental world ever felt.that image as king of his mind and his own being.ly working as usual but as an image form and image was not letting others get hold of mind ,means it's not an indifference to world but image is projected everywhere and everytime over the world.if mother seeing lovingly, image is seeing through her.if gr fath annoying, image in him annoying. if friends laughing, image superimposed over them is laughing.if sister walks to him lovingly, it's that image which is walking lovingly.if old memories are resurfacing, all are accompanied with that image,not separately existent. if studying, it's by the image.if working,its by the image.why to elaborate, each and every activity was with,by and for that image.lol.it's the reason that when image was lost with that's total

hope,everything tagged with that was lost and ly became complete zero virtually and temporarily ,encountering the incumbent enlightenment.
Good news is that it appears possible with today's technology. fix nano transmitter under skin which supply continued image to brain.switch it off after one year.switch on again if no enlightenment and so on———— Just need a crazy neuroscientist———
Meditation image shy and hesitate in front of real objects.Then we should console that image.by telling to that qualities which that harbours, like free of bodily impurities,always shining ,free of darkness ,free of death and disease,subtler and lighter than the sky etc.Than it shines back and storm away the wicked objective reality thus relieving paranoia and physiological stress too.
The image of Queen used to vanish temporarily while ly in company of his GF/spiritual master .it means,GF was more influential person and contemplation was unknowingly shifting from Queen to GF.Queen's image dissolved ly's world whereas master dissolved Queen's image causing E.it means,only dedicated master can produce final realization as he is nearest to reality. Other attractive objects are only primer objects for contemplation which is later to be shifted,as direct contemplation on master isn't easy due to having less physical attractiveness. If it were not like this,then atleast handful of pure romantic lovers out of millions would have achieved E ,unlike their inclination towards madness and suicide.
Contemplation on master is also proved by the fact that ly had contemplation images of both,master as well as queen throughout his life,alternating with each other.queen was the boss at time of materialistic mode and master at time of spiritual mode.With rising age,authority was shifting from queen to master.It was natural—
Happy Yoga Day
Enlightenment enters such people
Everyone has most favoured thing in mind but hesitate to intensify it through yogic contemplation.He relies on natural favourable conditions. This way,enlightenment to be achieved in single birth may take countless births.Way to enlightenment goes through the most favored thing.
Because LY had a particular liking since his birth,may be carried over from past births.He encountered many images which were fulfilling that liking,step by step.He couldn't contemplate those well, although likened to deep heart. The similar characteristics appeared in queen to him,where contemplation fully matured due to favourable natural environment and good company of yogic spiritual.
But the problem is,most important mission is being waited to be accompalished by the nature itself ,with leftovers petty ones being achieved deliberately and enthusiastically. When nature can make only one being as millionaire out of 1 billions ,then how can nature provide enlightenment to all.For this,Yoga is there.
Neither the pure physical nor the pure spiritual but the physical one who has true spiritual as his most favoured/master,gets enlightenment. Love yogi was a physical person ,but a truly spiritual old man became his most favoured.
No one even the queen could know that love yogi ever loved her.It's amazing
Kundalini is a contemplation image which can be imagined anywhere,on the sun,on the clouds,star,Christmas tree and so on.When concentration energy is focused over it,it becomes closer and closer,clearer and clearer,and eventually felt inside the brain as closest to one's own being.It is imagined most easily and efficiently at certain body points called chakras,best of which is naval chakra.It's nothing of a nerve impulse which can be blocked.
Site of image formation is brain only,not the sun,cloud and even the spinal cord. It's the projection of image to different outer areas.A man in comma due to brain injury can not feel any vision through spinal chord.No scientific evidence till now that spinal chord can give any sensual experience. When no image formed at Chakras,no question of its upward neuronal progression or anaesthetic blockade. It is coincidence that it appears going upward just as through spinal cord. Actually it comes closer and closer to brain with force of mental concentration and mool bandh.Ordinary man is habitual of outwardly projected experiences,so one point image is started from outside.
The same happened to love yogi.He firstly projected Queen's image over the concerned physical body. After few months of concentration, image was seen as projected over idols in temples,

spiritual masters and other beautiful things.After few months,it appeared everywhere. After few months,it suddenly migrated to his heart chakra,when he felt pressure there of sticking something and rushed for ECG.Actually that might be minor ailment possibly,but kundalini aroused attention there. Few months later,it migrated to top chakra directly,bypassing the lower aagyaa chakra.Because it was spontaneous concentration, not a forceful one.At this chakra,intelligence of love yogi suddenly sprang very high up.He remained busy in deep intellectual study for day and night ,which made him one of the top rankers.soon relieved of study burden and came in full company of true spiritual old man(not jehadist,lol) which caused full uncoiling of kundalini image of limited consciousness to its all pervasive universal form of consciousness.

Spondylitis chest pressure externally along with vegetarian family style, was one of the unlimited numbers of favourable conditions, amazingly synchronised,which barred him from physical entanglement, thus enabling him to shift the kundalini upward to brain.

Leave others,even love yogi could never ascertain that he ever loved the Queen. It was most amazing

True love is pure mental ,which is ignored by the physical world.True love is Kundalini, residing inside.It escapes out through physical expression with senses and get lost.Then world give it recognition.

Kundalini yoga yields better if practised daily

People enlightened artificially than naturally appear more valuable as they can teach the trick to others,like gautam budha

Iused to be in a dual mode of focused concentration and mindfulness ,immediately preceding my glimpse enlightenment in sleep.Single object focused concentration used to give me energy for mindfulness. During mindfulness, past memories used to be recalled in a blissful and peaceful way,alongwith enjoyment of present situations fully,blissfully and peacefully. That spiritual journey was started from concentration mode.It means,first step of spiritual journey is single point focused concentration .Mindfulness is brought out by this concentration ,when mature enough.Afterwards, focussed concentration and mindfulness progressed ahead together, synergising each other mutually,culminating into thoughtlessness thus ensuing E in a short span of 2 years.

Meditation(buddhist) and Yoga(patanjalian Rajyoga) are one and the same but there appears difference in vocabulary. What is vipasana in boddha meditation ,that is asampragyat samadhi in Rajyoga.It is characterized by passive witnessing.It is referred to as a type of samadhi, because it produces bliss, peace,unattachment, calmness and sensory uninvolvement etc.attributes which are special to samadhi. It is called asampragyat or â€œnot properly knownâ€• state,because it isn’t involved with focused concentration on a single object(which is called sampragyait samadhi or properly known state),but passive witnessing of whatever mind becomes.Buddha’s both teachers couldn’t understand this deep meaning contained within patanjalian Rajyoga,so they remained stationed at sampragyat samadhi enjoining temporary qualities ,not permanent ones in the form of enlightenment. Buddha dissatisfied with this achievement, rushed away and sat under Bodhi tree,practising samatha or sampragyat samadhi and vipasana or asampragyat samadhi, alternating with and enhancing mutually each other,through his famous madhya marg or middle path,and gained enlightenment quickly. Then,both of those his past teachers rushed to him and became his disciples, and gained enlightenment .In this way,his approximately 60 earlier disciples became all enlightened, called as Bodhisattvas. I also experienced all this as above,although very naturally and practically, nothing with a dedicated willing.I also intermixed worldly duties in a sensible and loving way,with samatha and vipasana.This triple mixing resulted in the quickest enlightenment possible as achieved by me in a short span of 2 years.Although, it was glimpse type,unlike possibly full fledged as that of buddha. It was so,because I was not willingly dedicated to enlightenment like buddha,instead my glimpse enlightenment was by chance,that means I wasn’t fully ready to bear supreme flash.Despite it,Im a commoner and feel nothing special inside me except a strange and subconscious satiety of having been achieved and known everything.

Then there is a gentleman on Quora,who gives example of love affair to explain meditation.but he says ,love should be directed to God to concentrate upon,not to girl friend.I say no need to love God separayely ,as it is concentration which matters more.Moreover, he doesn't prove his words through his experience unlike me
I'm (E) the combination product of spiritualism and materialism.Pure spirituals are like snare tied, belief bound to depression, whereas the pure materialists are like prison released,wide open to maddening. I'm the good points of both. Search for decoding kundalini will continue……………â€¦â€¦â€¦â€¦
Mindfulness
My latest development in KUNDALINI-You believe or not,but I tell you a true spiritual happening which was confronted by a Prince (modern love yogi), my metamorph, spontaneously. It is a deep tantrik spiritual secret and should never be misunderstood. It should also be not tried without the recommended supervision of qualified masters/elders for it's too dangerous if misdirected.He was a young man at that time and such was the queen â™• .A natural and indirect (having a code of direct one inside) physical initiation (same page/tantric paragraph) occured between them, by chance, in a fun,under the guidance and supervision of their masters.After that, everything happened without any sensory involvement between them except of visual, verbal and auditory (that too not directly), that means, only relationship between them was that of expressional (although much more profound from queen side) and experiential (much more pronounced from prince side).Everything appeared well coordinated and with plethora of favourable conditions as if all was prefixed by the destiny. Both seeing each other with a unique bliss as if knowing each other since childhood, even many past lives and births.Attraction began to develop. Her image was at first associated with mooladhara and swadhishthan chakras of the prince.That was the exhibition of romantic nature by Shakti. With this,his face developed brightness, colour and texture ie.area of agna chakra. Because there is a direct link between mooladhara and agna chakras,so agna chakra was simultaneously developing. You know, every intergender attraction starts at the pelvic organs supplied by these basic Chakras.Till then,his conciousness was dependent on the sensory inputs, but now the image of queen was affixed firmly, permanently and spontaneously, independent of the sensory inputs.It actually means, not totally without sensory inputs , but very less sensory input subtly in the form of visual and auditory only that was needed to keep the image at mooladhara burning for a long period of time,although strength of image was still dependent on the mental perception power and physical stamina of the prince (it highlights the importance of hatha yoga),which was highly advanced in him,naturally. It means, the kundalini had arisen up from her sleep at mooladhara chakra . Image of queen stayed at those two basic Chakras for few MONTHS.IT's to note that image took much longer time to mature at these basic Chakras as compared to other chakras, where it passed up relatively quickly. At swadhishthan or second chakra, subconscious thoughts were resurfacing up.Simultaneous and sustained concentration occurring at agna chakra saved him from accompanied paranoia.In this way,subconscious and unconscious mind emptied away enough, blissfully with time,and what remained mainly, that was only the present.Actually, this purgatory action continues throughout, but it starts at swadhishthan and is most voluminous there.That enhanced the mental performance of the prince, as seems logical. Actually, swadhishthan means abode of ones own self,which is nothing but subconcious and unconscious. Actually,there is not pinpointing of chakra necessary ,as told in theory, but an effective area practically. His physical activities along with digestion improved with her blessing when staying at mooladhara and swadhishthan and with this the image came up to the naval chakra,as you know that this chakra regulates digestion and strength related works(as called guts), mainly. Then compassion developed for the oftenly depressed queen (also subconsciously exhibiting motherly qualities and love for babies), may be due to her thoughts regarding her future and social integrity , and with this the image came up to his heart chakra.That was the exhibition of motherly(selflessly loving) nature by Shakti. With this, some strange and subtle pressure felt by him at his heart area.By then,queen started feeling some guilt and self exploitation with subtle killing instinct towards the prince, although quite lovefully,and extraordinarily.This was exhibition of Kali nature (destroyer) by Shakti. That was the time of the ascend of kundalini to vishudhi chakra(neck chakra).You know, all tragedies are

tolerated by the neck, like assimilation of poison drunk by Shiva, ordinary warfare etc.After some time,prince and queen both departed away.As you know,image /kundalini don't come back if rises above naval chakra.As there was no more direct contact (which was only limited to visual ,auditory, scarcely verbal, initiation driven ,nothing unsocial in Indian context, but with blissful mental romance surpassing every physical one) with the queen, so there was no need of sensual lower chakras.So the image from all chakras entered forcefully into agna chakra in forehead. That was the start of real meditation in the brain.Soon samadhi developed. Continued resurfacing and subsequent spontaneous purgation of old thoughts of subconcious and unconscious were near to end to produce thoughtlessness of enlightenment, within a short period total of two years.His controller at the whole time was that smiling spiritual old man.This all signifies the importance of chakras.You can develop up any image (but not of wife,lol) in this way with artificially designed kundalini yoga,which is totally based on the divine Shiv-Shakti Romance.You can develop your own design in accordance to the basics of kundalini yoga. For example, you can imagine your any ancestor farmer as going up and down between lower field (naval chakra) and uppermost field (sahasraar chakra) through the main rocky pathway (vertebral column) and passing through his home area(heart chakra) and any thin curvy area near top field ie. neck(vishudhi chakra),in a mountainous area and like wise.It is well justified according to the vedic phrase,â€• yatpinde tatbramhaandeâ€□(what's there in body,that is in the universe). Main thing is developing the concentration in most efficient way. KUNDALINI RESEARCH CONTINUES —

And he didn't drain out his sexual energy,generated at his swadhishthana and mooladhara chakra, starting just at initiation and growing till his enlightenment.That energy sparkled his extroverted stamina at manipura chakra, within a very short period.He didn't waste it into binding works through outward senses, rather deepened his deep intellectual study in an unattached and spontaneous way. Moreover,he didn't undertake any material execution independently(which cause paranoia, attachment and break of sustained concentration) rather provided a selfless helping hand to others on their demand.Actually,his aroused energy or Kundalini helped him a lot in not doing anything harmful to herself.When Kundalini grew up to heart chakra or anahata,he sustained her there by not expressing his extraordinary love and compassion outside.When the Kundalini rose up to neck or vishudhi chakra,he didn't prevent Kundalini from choking his throat.He very well new that Kundalini was mental image and couldn't harm him despite a subtle,strange and ignore generated hate from her physical counterpart.So,he never hated her,even welcome her in her that horrific form too.Actually,he let her do everything desired except of nonsensical foolishness without interfering her.It helped to show her every colour in a subtle way to yogi for his concentration.He also very well knew that physical counterpart of Kundalini could do any damage, although remotely possible but he didn't want to take any chance in his early days of lively life, so he became totally indifferent to physical counterpart, impartial to that he was always.He let the Kundalini do her own course, he being only witness to her.Kundalini at throat chakra had greatly aroused his expressive power but he didn't waste it in verbal jiggle ,even not displaying the secret of his Kundalini to anyone.Actually,it was mental kundalini only,physical counterpart nearly zero.How can one show his thought to anybody.Rather he diverted his expressive power to writing and writing his study material,supporting with charts,graphs, diagrams , mathematical calculations and models which polished his study to glistening. Actually, Kundalini expressing at higher chakra was also expressing her at lower chakras and brain simultaneously.It was only proportions of chakras and brain changing.In the start, Kundalini was stormy at sexual or swadhishthana chakra.after arousal at manipura chakra, proportion at swadhishthana chakra decreased.On arousal at heart chakra, proportion of both lower chakra decreased but that of heart chakra increased.proportion of brain chakra started increasing at heart chakra.actually, Kundalini was developing in brain chakra only without our notice since the beginning, because it was stationed at different chakras (airports),ready to be lost away through senses into the subconscious.But the senses were fully controlled and didn't allow it to do so.The result was that Kundalini had to come back to brain after waiting to her satisfaction at all chakras.It expressed herself in the brain violently and blissfully just as a man expresses himself after returning to his home after

cancellation of flight.kundalini had left the hope of all the sensual doors to escape away so roamed the brain of love yogi again and again, considering that as her pet,real , permanent and beloved home. ——continues—

Love yogi was being prepared for big test by the nature.mild thrilling sensation was occasional in his reproductive organs(still enough strong to cause sensual discharge at little bit of neglect,so he used to be often speechless and motionless in her presence like a slave in front of queen, tolerating all her chatter happily) producing upward thrilling in his body.All used to be felt inside a small community of 5-15 students.That day was a final test type.Both coming early to classroom.He was sitting on his usual seat on bench at door side corner, straight back and fully alert.She entered in but walking here and there soon bored by having only statue boy sitting, no one to talk.She laid down on the central table ,eyes facing roof and feet resting on the floor beneath.Super strongthrilling sensation experienced by the yogi in his sexual chakras ,quite difficult to control.chakras were stimulating the organ for erection but he controlled it by pasifying the mind logically , showing the fear of class teacher coming soon,celebacy of my spiritual old man, Nobel character of our ancient Indian system————contd——

Really difficult to find decent words in tantra yoga so misunderstanding. Anyway, ly was much humiliated actually. Its strange that awakening comes after lot of humiliation up to total dissolution of ego.tantra sex is infact totally different from ordinary one and is fully respectful to woman who acts as a master,guru,goddess,mother and everything for the yogi.in tantra,actually woman is initiator and man is initiated.woman has every responsibility to generate and save sexual energy of man from wastage,bringing that up to brain helping in spiritual union.it should be well separated from ordinary animistic act for proper understanding. Actually, it matches totally to yoga.sex term is misnomer there.The same tantra yoga happened to ly spontaneously.

Great tantric secret opened up intuitively. Love yogi had a book open already. Concentrating on that with full brain caused his genital erection and lust to subside.the image of queen which was already spread to whole body from his genitals (with intense blood pressure, audible fast and forceful heart contractions,perceptible circulatory and nervine vibrations) at that whole body orgasm suddenly entered his brain with the study matter and he cooled down instantly as if nothing happened. Manufacturing of reproductive fluid had begun with that first intense stimulation inside his associated organs continuously with occasional erection which used to subside with the study load on brain.With this,the associated Queen's image also used to rise up to brain from genitals.He found a good remedy intuitively ,so he used to be over busy in study with constant image of queen in his brain ,giving rare chance to her to come to genitals.That was a great and perfect tantric samadhi. Queen rose up after half to one minute greatly amaged and influenced for ever ,with the perfect self control of LY.

CONCLUSION- What is swadhishthana and mooladhara chakras?These are infact sexual points with sensory receptors. Ejaculation and urine withholding sensation is sensed at swadhishthana chakra.This is all taantrik sex.what is mooladhar chakra.It's actually uplift point as this point can be tucked up easily which causes image of girlfriend in sexual area to be uplifted to brain,psychologically as well as physiologically. Its energy is felt with upward contraction of perinium.This uplifting causes Wang to subside down and body cool down suddenly,thus suspending ejaculation. Anyone practicing this can enjoy sex blissfully throughout the whole night and even daily without lethargy generating wastage of body fluids.What's naval chakra?It's actually energy sink.Overflowing energy /mental image is flowed down to this to ease out head pressure and headache.what's heart chakra?It's actually controller point.When female partner feels depression or exploitation, then tantric shifts energy to this point to cool down her with sympathetic love.What is throat Chakra. It is actually point to show surrender,sacrifice and selfishlessness .See god Shiva keeping poison in his throat.see warfares and violence. Throat is the only victim. When female tantric becomes angry/Kali, tantric shifts her image to his throat so cool down her.What's eye or vishudhi chakra.These are sensory point near eye which stores and amplify the beauty of female partner received through

his eyes.What’s sahasraar or crown chakra?It is actual brain where samadhi is established .Here,bliss is produced.Here,body functions optimally. Here,lust and attachment is lost,that is ,wang sits down on reaching here.Here,all bads vanished and all goods gained.It is thus called the abode of shivaa with whom kundalini shakti always want to merge. Kundalini yoga practice in lotus posture has been made only for the unlucky people such as babas who are unmarried,old men,boys withoutÂ girlfriends.ItÂ is artificial duplicate to original tantricÂ saadhana.Something is better than nothing .It may also be effective with long practice.I know better about former as my glimpse enlightenment came through that(although in mental form,not physical like babas and priests,lol), thats why I tried to explain.Regarding artificial methods,I can speculate only presently until I fully recognise experientially . Now let us mix cement and sand together. Kundalini yoga practice only works as basic ground work for tantric sex.Tantric Sex merely doesn’t mean physical insertion of Wang into womb.Tantric Sex actually means revolution of energy through different chakras,generated at erected Wang.Basic ground work of chakra meditation helps in this.With sustained practice, energy becomes permanently stabilized in brain which is the state of samadhi. If energy is felt revolving with spiritual development, then seeing the opposite gender is also a tantric sex,hearing sound of opposite gender is also tantric sex,sitting close to and touching the opposite gender is also a tantric sex,intergender chatting is also a tantric sex,intergender memory is also a tantric sex and likewise. Now ,what is energy? Energy is experiential form of the nervine currents.ItÂ can be in any form of any image or sound.Most commonly it is image.Some have image of master.Some have image of girlfriend. Some have images of both together which is the best combination and likewise .Now ,you can guess that what is the purpose of ground work of chakra if that isn’t accompanied with the tantric sex.If it’s, its merely like learning a language without studying that’s literature.Similarly sexual activities without the basic practice of chakra meditation is nothing but a type of animal sex. So keep on marching ahead,you surely find success at the earliest as I feel for myself what occurred. One thing more,my wife don’t satisfy without tantric sex,lol——

But one thing not clear in conclusion as far as awakening experience of my soulmate love yogi is concerned. No one asked about earliest initiation at introductory stage between LY and queen for it’s too important.A quiz competition about family planning and baby care fixed with few pairs ,each pair having one boy and one girl sitting together contesting.Queen chose LY and he accepted without any prejudice. Now its important turn.queen demands any book regarding subject matter for preparation, if available at LY.He gives 10 years old book lying on his shelf already covering all subjects to be prepared. One page of book was having diagrammatic (not exact diagrams but outline type just as pencil sketch, as seen in old fashioned mass media books) representation of Wang being weared up with condome by two hands only.a second outline of a woman lying on her back and applying contraceptive jelly inside her——(slang term?).firstly ,LY hesitated to hand over but then did to reveal the truth in natural and impartial way.although he shnt had handed over as that was practitioners book and not openly available, but on viewing the conclusion,enlightenment appear having much more weightage than some petty ethics. Facial expressions of Queen had started flashing, deepening and changing towards ly including unique joy and bliss with her returning the book after day one or two.same way, her image in brain of LY had begun sticking much more brilliantly, lively and deeply. My conclusion say as no direct tantric coupulation necessary, but LY proves it although in an indirect way.wasn’t that a amazing trick.Many tantric yogis can be seen wandering with hanging sexual bells ,but none of them is enlightened. Here ,ly———continues

One of the best method for energy rotation is microcosmic orbit. It is simple,basic,effective and practical. But I don’t see my energy while travelling up the spinal chord instead energy jumps from moladhar chairs to sahasraar chakra with a feeling of little air gush in brain from lateral side of cranium above both ears upward.May be feeling in backbone comes in advanced cases. I keep energy in brain till pressure felt and I’m busy,otherwise I flow down it to naval chakra through different chakras,feeling quite relaxed and fresh

Love yogi transformed sexual energy into meditational energy. It’s so because he had developed familiarity with the meditation by being in continuous contact with the meditational environment of his family.A meditation habitual can convert even shadow of sex into powerful

meditation ,as happened in case of love yogi. It's so because he has developed enough efficiency to develop concentration. Childhood meditation plus indirect sexual experience at teenager age is thus enough to cause enlightenment socially as well as ethically. We should develop system in this direction for betterment of the world.
Contractors of religion were seen as ignorant of truth by freshly enlightened LY. LY was seen with suspicion as an ilien or ghost.All were mad behind faint shadows of real meditation in the form of various confusing spiritual practices. He felt that enlightenment was impossible without his natural tantric love based approach. He was dumb and unopposing as being in supreme ecstacy and bliss.He also realized that enlightenment was nearly impossible in worldly life without divine blessing. He felt that only indirect tantric sex could lead to samadhi level attraction, not the direct one.Direct sex whether tantric or non tantric,surely kills mutual attraction, little or more.
Total lustlessness developed after enlightenment. He transcended sex through sex only however in an indirect and divine/yogic /tantric way
He felt that if he had taste of direct sex even once , anywhere,with anyone and at anytime,then he woud not have achieved that type of super concentration on Queen's image,which is must to generate enlightenment
Love Yogi also observed that he would not had reeped the full benefit of super concentration , had he not been in company of spiritual old man and guidance of disciplined teachers.Then the image would not have moved up to brain ,but discharged that's effect through outward senses. Many seekers become able to permanently sustain the mental image of their lovers in their brain as samadhi,but don't become able to dissolve that.Dissolution of image is to be kept in mind to reach enlightenment. Love Yogi kept physical attachment nil.dissolution is only tough due to physical bondage.Ly went on enhancing mental image only with minimum aid of physical counterpart. Mental image overrode everything of his expressed mind, subconscious and unconscious (possibly called Manas chakra).on sliding away even that of minimum physical aid, mental image started weakening .Then this samadhi image was also over ridden by his own self.means Everything became ineffective (similar to thoughtlessness of Buddha or patanjali, but that was not actually real thoughtlessness ,but ineffectiveness only.if means, every great work has scope of improvement through your own experience). Thoughtlessness produced super shimmering of enlightenment.
May be the thoughtlessness as a moment within weeks of ineffectiveness and expressed as enlightenment
Love yogi also realized that queen wouldn't had produced that extreme attraction so easily and quickly,had she tasted direct sexual affair ever. He also realized that he himself would had leaked the initiation with queen to others and lost attraction therefore,had he not done that intuitively, naturally, spontaneously and ethically as per the social norms.
LY also realized, The attraction would had been too week to cause perfect contemplation,had both not been just starting to step into hormonal phase of teenagers age ,and not feeling as soul mates to each other
It's possible That love yogi didn't lift up her image from heart as it's never heard and seen that image of girlfriend kept at brain by his lover but heart only.May be image was so intense at heart that he misinterpreted that in the brain.There was also a continuous chest pressure at his heart region without any medical reason.It possibly proves that heart chakra is complete in itself and carries all chakras inside it

riends I tried to test verify the claim of love Yogi.I found, kundalini /image first of all developed intuitively and effectiveness at heart chakra by selecting that one from my memory pool,which was most favourite, close,healthily interactive and luck figure to me.Then I could carry that to other chakras slowly with repeated practices except to brain.Then I started to lift it up from mooladhara chakra ,becoming faintly obvious at brain.Then I took help of tantric sex to produce energy for image and lift that up,when image started shimmering sharply and also becoming stable in brain throughout the day ie. Samadhi.image took the course upward along with the flow of blood and nervine energy up from genitals, indicator being correlated Wang regression in the same proportion.now,it was urgent to keep attention fixed at image in brain,as

attention to genitals caused quick flow of energy downward with accompanied image indicated by arousing Wang,then forcing to repeat the cycle again,almost stabilizing with few cycles rotation of energy. Then I saw much more sharpness and clarity in image at heart chakra enough like a real physical one. So in conclusion, heart chakra is producer of image not muladhara.muladhara is image amplifier only.practically seen,love is love and can't be generated merely with sex alone. it arises at its own due to many hidden factors,sexual relationship only amplifies it if done in tantric way.as a remedy to nonloving couple, tantric sex can also produce love but with abundant of practice, time and effort as occurred in case of love yogi.he never liked queen so much .start of relationship was indirect sex only,nothing else,which produced strong love through tantric approach . Muladhara acts as energy amplifier as well as powerful pump to send kundalini to agna chakra immediately. Its foolishness to search anything moving up sensation inside spine in the start as it comes spontaneously with lot of practice. Our purpose is lifting up,whether through sudden jump or gradual crawl,it doesn't matter much

Tantric love causes mutual exchange of energies which produces mutual love as everyone loves his energies most.

As long as love yogi was busy in worldly life,the image of queen was stationed at heart chakra.on falling deeply in company of spiritual old man,and relieved of worldly tension a little bit,image stationed at brain permanently up to awakening. Heart is lower safe abode of kundalini in worldly jungle as kundalini can't slip down of it.brain is much fine and supreme abode,doors of which opened by deep spiritual company and worldly relief only

Kundalini yoga appears as systematised and theoretical projections to natural spiritual development. Love yogi never saw any chakras,vortices anywhere. No colours,No geometric shapes,no deities ,no apparent energy movements .Only shifting of awareness of queens image between genital,heart and brain.no naval ,no throat, no different brain chakras but only one brain.These chakras may be quite subtle to be experienced or forgotten by ly at time of his exposure. Although he everywhere saw her image wherever his awareness pointed. On intestinal cramps,image loaded on awareness shifted to cramps.on foot ache,image seen over sensation. Then why only specific chakras?it may be due to maximum sensation there so awareness easily go their loaded with kundalini image. See muscle contraction centre of abdomen. It is exactly naval.see contraction and sensory point of genital area,its exactly swadhishthana. Contraction point of perinium is muladhara chakra.Sensitivity of heart as well known. Contraction of throat produce there awareness. May be similar chief awareness points in brain.

Divine planning was apparent in case of love yogi.its possible that some minor physiological or anatomical defect occurred at his heart area ,unable to be diagnosed, causing oversensitivity there,due to divine planning. That caused his image loaded awareness to be shifted there easily to save him from possible genital abuse ahead.as its known that spondilitis developed in him during descending years of his life

After ignition of his sexual glands by queen in indirectly and intuitively, he always felt something being manufactured at genitale and transported to brain continuously. His urine used to be turbid white,but without any pathology.means ,essence of manufactured reproductive fluid absorbed with excretion of whitish waste out.no feeling of weakness but constant Bliss of samadhi.it means blocking genitals is not true celibacy but it is stimulating it for brain's use.although he couldn't see fluid rising up inside as anybody else ,but he speculated it from image moving in rotation from genitals to brain.as already proved that awareness follows physiological and anatomical sensations

His weakness was functional,not structural and fault fully.as his energy was highly utilized by brain for maintaining neuronal connections to upkeep the constant samadhi image,rest of body was sure to be deprived.But not brain weakness,only muscular. After awkening also,he was energy drained due to same reason.something strange development was going inside his brain.appeared,he was proceeding towards status of Superman . sometimes took brain MRI for strange hevyness,vertigo type in brain.drowsiness and swelling in brain felt.as if stepping out of merry go round.appetite peculiar.vegetarian diet not sufficient to full fill demand and no desire to eat nonveg.strange situation.anyway, survived with this or that trick and Divine /Kundalini blessing.

ADivine and beautiful reproductive fluid smell emitted from his skin pores which used to produce blissful environment all around.he himself used to fall into ecstacy and bliss with his that own smell.everywhere in surrounding area,love and true love developed.appeared as if heaven descended to earth.lively environment everywhere in his surrowndings..Animals used to be attracted to him from far away and licked him with great love,mainly cows.all people affectionate to him. cows used to graze only around him,may be grass less or more there.cows were amazingly affectionate to him

Kundalini yoga was created to make contemplation easy,but I think it created confusion too .many times,people rushed to it leaving their ready available contemplation. If love yogi had left away his natural love yoga and rushed behind any artificial contemplation like kundalini yoga,he would had surely ruined himself. Main thing is samadhi ,if its ready available in brain,no need to run behind chakra etc.In kundalini yoga too,when image reaches brain,there is no much need of lower chakra meditation/samadhi but direct brain samadhi .these meditation points are called chakras because when isolated ,its muscles constrict in a ring like fashion and create a sensational point in its centre where image becomes readily available spontaneously. 99% of people don't know what's kundalini. Even so called great yoga masters were not seen saying frankly what the kundalini is.Some say it as energy, some as shakti,some as serpent, some as coiled structure, some as living deep inside a pit .All of them are wrapping it with this or that mysterious envelope. So,I came to think that not all enlightened persons can know the exact nature of kundalini but only those who got enlightenment through kundalini yoga or kundalini yoga type natural process. As far as I consider myself, I got my glimpse enlightenment (although in sleep,lol) through kundalini yoga type natural process. I got activation of my root chakra and swadhishthana chakra through indirect sexual attraction.Activation means being loaded with the image.Image was surely that of GF being attracted to.That image used to excite the sexual organs associated with root and swadhishthana chakra.with sensible thinking and going busy deep inside study in the company of great men, image used to rise up to brain with sudden vanish of sexual excitement. Gradually, the image filled up all the chakras The same principle is that what the kundalini yoga teaches.Lifting up the image of master or personified God from root chakras to brain is easiest and quickest way to reach at patanjalian samadhi. Although tantric sex enforces the process further. This all means, kundalini is nothing mysterious but a mental image strengthened at different body chakras with the aid of yogasanas, pranayamas ,bandhas s etc. Image is also revolved with metamorphic techniques like microcosmic orbit etc. Moreover, I saw that mental image can always and easily be experienced at root chakra even during busiest and foolish of the worldly hours. It relates to scriptural words that home place of kundalini in non awakened individuals is root chakra .It is all spiritual descriptions, nothing to carry with organismic evolution or any other jiggle. I found that it spontaneously and suddenly jumps up to brain if it is concentrated upon there with simultaneous tucking up of isolated perineum muscle ring including or not the adjacent areas, at which time sexuality also drops and samadhi begins. It is different to the complicated procedure of lifting it up through backbone and sushumna with lightening streak shape,as told by contemporary yoga masters .I feel its not necessary to wait for that complex psychic phenomenon when it easily jumps up at its own. Why should we see it going glistening through the road track when we can directly see it at destination. People get confused here.May be,it occurs with prolonged practice with little bit of potentiating effect.Every sharp mental image looks like a fire flame ,its not strange or extraordinary. All this means, kundalini is nothing but mental image, energy is nothing but mental image ,shakti is nothing but mental image. I read many books and talked to many scholars, but didn't see this much simple clarification anywhere . It also proves that kundalini yoga is nothing but a practical enhancement to the classical Patanjali yoga.

Today I was in a function. Light music was running. Known people happily flying here and there.my kundalini awaking in brain ,becoming infinite, my perfect merging with kundalini initiated. Blissful moment.sharpened image as perfect moonlight merging one with me.I became uneasy sitting inside crowd,everyone looking to my spiritual pleasure from nowhere. I felt ashamed of being called as mad if kundalini continued to enlightenment. I suppressed it deliberately and I came to my self control again.it happens with everyone.kundalini starts many

times but deliberately suppress it because of uneasiness due to that being spiritual dimension, unknown to world so possible to be misinterpreted in many ways. Our own loving world keeps us away from Truth

My head filled up with kundalini image and head appearing as if ready to explode or I going to comma or vertigo to enlightenment. I was in full samadhi ,fully merged as one with the image.felt if my head filled with sharp unique kundalini image that was like clean golden smookless blissful fire.Shining brightly but cool unlike hot sun.This was the result of one hourly bid practice of kundalini yoga for one year and also including help from tantric sex for only one month.this is the great boosting effect of tantric sex.i withdrew back .I little bother as I have already tasted enlightenment and there are many chances ahead. I think this is associated problem with contemplating social image as this tries to bring enlightenment inside society in a social mode,where number of liabilities exist so one tries to suppress it out of hesitation. Although, contemplating social image in social mode is easiest for a social man. Kundalini research continues———

My eyes wide open without blinking but with amazement to one side constantly yet seeing nothing physical things present there,but only kundalini image inside and outside same.intuitively people feeling me as crazy ,I thought.Image much more intense,influential and experiential than even anything physical thing experienced ever.I diverted my eyes here and there to escape people's attention and also massaged my forehead with finger tips from side to side trying to constrict eyes and putting pressure on brain to experience the physical world in physical dimension. I left the spiritual dimension and started getting sense of physical around with dilution of the intensity of kundalini image.I again tried to get spiritual dimension after one two minutes of leaving it on sensing my mistake ,but I failed .I remained in full samadhi of spiritual dimension for almost fifteen seconds. In the evening i could not concentrate that much during meditation due to fatigue of neurotransmitters, psychologically as if kundalini image with loving smile saying that," you have missed boss,don't worry I'll come again soon so wait for the next chance".

Actually, everyone remains in samadhi while conscious, only intensity varies.This is so because mind of a concious man always bear this or that thought or image.A thought or image in a concentrated state is what a door entry to samadhi.When concentration to a mental image of object or thought develops so much that image appears nothing separate but as his own self by the meditator, samadhi is perfect and can be called as Samadhi proper (for understanding). Image appears very sharp ,bright ,blissful and real . It is such that if only image exists . This ,that ,you ,I ,we ,they and everything is nothing but image only. It is felt that if image exists only and nothing other than the image exists at all. Samadhi state is nearest to enlightenment. In fact it's door entry to enlightenment. In patanjli yogsutra, spiritual development up to samadhi has been described only ,because its only describable top state in meditation. Enlightenment can't be described properly and fully at all. Samadhi is achieved through repeated focused concentration on a single image through meditation ,regularly and consistently without break at any cost,for years.I think if concentration is proper,samadhi can be achieved within one to two years. Samadhi can develop only to mental image ,not to object of sense directly, because our self resides deep inside and can't merge with the object of sense which is outside and superficial. The role of external object is only to strengthen that's image inside in start,later on its discarded and mental image only practiced wholly.its due to eternal instinct of considering self inside mind which is inside body.on getting samadhi, this difference between inside and outside vanishes with samadhi image appearing both inside and outside, everywhere.

Nature is too clever.It shows enlightenment in sleep to those who need it most but can't tolerate it in awakened state ,like immatures,diseased, weak,tensioned etc. I too was immature, labored, exhausted, tensioned when nature shown glimpse enlightenment to me in sleep.But I think it's only priming. Real test is to experience enlightenment in awakened state for that teaches to tolerate spiritual ,psychological and social emotions and help to make enlightenment more useful and sustained Yet,its better and safe and easy bypass to awakened enlightenment. Something is better than nothing

Enlightenment in sleep is like causing enlightenment solely through a machine without any efforts of experiencing one in the real time with the subsequent exhaustion and risk.I think it

may itself turn to Full blown enlightenment later on with subsequent life experiences added up to this .I also think it as a source of inspiration for further full blown enlightenment and purposeful subsequent life
Enlightenment machine would be biggest invention ever
But in that case there would be total anarchy.people would be doing all sorts of evils for no fear of punishment by the grace of enlightenment machine
Tantra and yoga aren't separate but a combined unit.Nothing can replace yoga.Tantra is accelerator to yoga vehicle
Aman who uses tantra primarily for uplifting and maturing the kundalini is real tantric whereas one using it primarily for worldly gain and sensual pleasures is nothing but a pseudo tantric /hypocrite /propagandist
My kundalini image appears now weakening as it had spent its whole life,maturing fully to samadhi, where after bound to die.Every thing has its life cycle. Its my mistake that I could not sustain it and withdrew it down deliberately and forcefully for I couldn't surrender to it out of fear,hesitation, inexperience ,this or that.However, I again trying to revive it .The same had happened in my sleepy glimpse enlightenment, after which I could never raise my kundalini to same samadhi and enlightenment height again,although I was often in a lower contemplation to same image.Should I change the image or try the same blasted ones again?only experienced can guide me this way.
Once upon a time,These yogic and tantric techniques used to be enlightenment machine so those were kept secret and offered only to eligible.Today, people are so insensitive ,that's why those techniques are open now everywhere .If discovered a new mechanical one,there would be no eligibility criteria just as in case of atomic weps.
Iobserved that after tiring study or situation, deeply concentrating on bright kundalini image for 10-15 seconds only in brain cause its spontaneous persistence for few minutes and miraculous diminish of tiredness with stable ,regular breath after 2-3 deep gasps.Body stabilized too with diminish of shivering, trembling, staggering etc.It appears the principle behind yoga postures and breathing exercises,where regularised breathing and stabilized body produces sharp concentration on nkundalini image
Idon't understand, why people even majority of spiritual books and intellectuals term kundalini or meditational object of experience and concentration as energy. Energy is dead and scientific whereas mental image is live and experiential. We know that everything in mind is image like in mirror and everything is nothing but mental image only.Mental image is correct term ,not energy.We concentrate upon mental image,not on energy.Only mental image can be experienced, not energy.Plain image is nonliving as it means image inside mirror.Mental image is correct term as it is conscious life and inside mind.Either lot and lot of so called spiritual intellectual are ignorant of basic spiritual principle or they are too hesitant to be proved as spiritual or they want to show themselves as modern and scientific ,however at the cost of conscious liveliness
Then come the monkey god.man was monkey too for millions of years.we have genes of monkey and forest dwelling foragers.our basic instincts are that of free monkey. That's why concentrating on monkey god is too easy.
Lo, I have searched out techniques of inner heat yoga and subtle energy yoga.I have ignited the flame from root chakra to brain through my backbone, sucking all thought and images from all front body chakras descending from brain as wind,just as flame sucks fresh air in and emits foul air out.subtle impressions resurfacing and exploding up the fire ,also becoming purified themselves again and again as garlend with images as beads . String of garlend lying in front on front body chakras,at back on back body chakras,at top in brain and at bottom on secret area ,.But keep in mind, always keep your focused kundalini image live Otherwise you will get paranoia.Lot of relief felt.
But to my ignorance, I'm unable to find problem faced by Linda ji
JJ Semple ji, it's only 15 days back uploaded on kdp and presently in edit and continuation phase expected to finish soon. Welcome is poor probably due to less advertisement and online circulation being poor.

Only 2 copies sold without reviews. Not so unsatisfactory at introductory phase, before press release. I only afford paid translation if at least one thousand copies are got sold.
Then that love yogi out of Queen's world wandered like a headless chicken for many years. Not in his control and drifted by the nature in right way, he couldn't erase away hardbound mental images of queen and that same Spiritual old man. In one way, those both were his visualised taantrik master with his consort. Great. In fact, queen and love yogi were twin flames (shiva-shakti) to each other. That's why they couldn't manage to unite physically. Master could not ever know about any mental consort of Love yogi. Master soon passed away with Glory of love yogis enlightenment in his mind. His Kundalini was in his pingla naadi . To balance his Kundalini both in ida and pingla, he made body science philosophy intuitively. Ie. Shareervigyan Darshan-Ek aadhunik Kundalini tantra. It worked and he could live a better life when he took intutive initiation of tantra through declaring his oath in a University magazine, ie. No worship better than work, no sacred place better than humane family life. On marriage, he was too sacred towards marriage to be misunderstood by his relatives and even family, so considering him as fool. Actually, hundred fools together can prove a single wise being as fool. That way, his initial marriage life was not too beautiful. He was devoid of any taantrik concept and master, whatever tantrika benefits he got subconsciously, those were due to that University time oath, ie. his sexual life was unknowingly becoming sacred worship. With that mental image of his master was stable, means not lost. After second child, he got intuition to study Tantra, which turned his long living tantrik spark into full tantrika samaadhi. His relationship with his wife improved to peak suddenly. He had practiced Kundalini yoga for 9 months , as obviously at brilliano, .then studied ebooks related to tantra. He gave only boost to already running Kundalini yoga with sexual practice, nothing special and that Kundalini yoga became sexual yoga. With one month practice of sexual yoga, full samadhi. Fully satisfied. Means everyone has to travel at their own, this way or that way. Others can only help up to a certain limit only.
One hour used to be his taantrik play time on an average. First becoming warm slowly with rising passion. Attention on Kundalini. Visualising his Kundalini on concerned body parts of consort like face, nose, eyes and anywhere. Actually Kundalini is living being like body cells everywhere. Just as body cells are dvaitaadvait, Kundalini is also advaitaadvait and unattached. Both duality and nonduality together. No passion arises without duality and no progression of Kundalini without nonduality. He saw his master ploughing the sahasraar field while touching the concerned chakra. He visualised his master at throat chakra while touching that and suspending in breathing while applying moolbandha. He occasionally out uddeyan bandh with moolbandh. He visualised his master doing worship at heart chakra of her consort. In this way he visualised his master as Kundalini(external tantric website/sivasakti.com) at all the chakras on front and back sides while breathing deeply slowly ,breath suspension and yaugic bandhas. After about half an hour of starting practice, consort becoming fully wet, they stick together in yab-yum position(external tantric website/livetantra.com). The Vajra and lotus(external tantric website/ecstaticliving.com) fully United, he again visualised his master revolving inside chakras of both bodies. When both tired sitting, consort lying down on back with love yogi sliding his vajra too and fro in her lotus. He felt thrill on his vajra as soon near falling point, he stopped and applying bandhas sucked uo Kundalini from vajra to brain. Vajra went down .he again started abd so on. When tired, they selarated. He saved his reproductive fluid to prevent accompanying weakness and his consort helped full in this goal. Kundalini shining many times in his brain. With great bliss. He washed vajra with mild soap immediately when he pointed out yeast caused itching many times. Not shown anywhere what was std prevention formula in ancient times. This was enough practice nearly daily or alternate day for a month to get Kundalini awakened. Later on he added swing recitation etc. Theiretical measures but those don't appear as effective as his own experience based and intuitive simple method as described above. Tantric practice isn't ordinary sex as comman man misunderstand. It's worship. It's pure yoga. There us unattached attitude between oartners. Kundalini is the only mission. If Kundalini isn't strengthened already little bit with Kundalini yoga, there is no point in doing sexual yoga. It's then eyewash. There are set rules in Tantra. It is classical sex with set rules just like classsical dance or music. It's not to be shared with anyone except of fully dedicated and desirious one.

Even its hint to be not given even indirectly to general fool people. Consorts should not be changed frequently atleast ine should be kept for many years till enough spiritual progress like samadhi or enlightenment. Ni cheating alliwed. Both are equal ie. God and goddess. Both given equal opportunity to liberation. Not taking other's wife, daughter as consort for those being property of others. Likewise
The same way, female yogini visualised her dietiy or mastress or as per her suit on different charas and points of love Yogi body. She revolved that Kundalini likewise between both bodies likewise. Lower bridge was genital contact and upper was orral contact. She lifted her Kundalini likewise from mooladhar at peak of her orgasm so gained control of her fluid release. Both blissful but ly was quicker to get Awakening.somerines yogini is quicker.
You may encounter problem while stabilising Kundalini gain without paranoia. That is avoided with nonduality attitude. Same paranoia happened with love yogi when he was not getting awakened Kundalini stabelised, uniformly balanced. Then he made intuitively body science philosophy, a scientific nonduality philosophy. This nonduality attitude is also needed along with sexual yoga to awaken Kundalini, otherwise paranoia may mentally paralyse a practitioner
Sexual Yoga is the Yoga of kings. Not everyone can do it. So never advise anyone. It is intuitive yoga and is better if run itself without role of any advice. Chances of it's misuse and misunderstanding are too high. But its true that Kundalini can't burn without the fire of sexual yoga to liberation. You can shine it to high level at ordinary level in ordinary life but can't explode it to renunciation without it. Man in renunciation can do it without sy with too much time and labour dedicated but a man in worldly life can't afford to much dedication so Sy necessary.
Samadhi means Kundalini Awakening. When it occures, a man itself drifted towards enlightenment. Maybe he get enlightenment in next births but he gains always. So samadhi is a big achievement. Once love Yogi saw a living god in form of aged man sitting on stone and smiling where people were offering leaves etc. Below a temple site while progressing through marriage progression of his uncle. It means he had achieved visualization samadhi in his previous birth that's why he got enlightenment in the present birth. I forget to fill it up in oersonal bio-data form of this site
Kundalini itself attracts taantrik activities for her full expression, when she crosses over a certain threshold of her expression. The same happened to Love yigi when he used to stick to her wife while kissing her and touching her feet again and again with great love and devotion. His wife amazed with his that change. Anyw t that offered her Kundalini the escape velocity required to Awakening. It's spontaneous tantra which is most fruitful. Only reading and forcefully tantra doesn't appear enough
Actually sex is most strange and least studying thing ever. It awakens Kundalini just immediately if done with proper attention on Kundalini just like Kundalini yoga . At the same time it washes away long time earned Kundalini in no time if not done like Kundalini yoga. Just starting my morning hour Kundalini yoga
Kundalini Awakening can't be tolerated beyond glimpse due to exhaustion from benign sexual practices of sexual yoga. This exhaustion can be counteracted by balanced lifestyle, balanced diet and plenty of high quality nonveg. Then it becomes fully tantric lifestyle that may be dangerous in absence of fully qualified Master. Long run, safe and prolonged Kundalini awakening is produced only through ordinary Kundalini yoga along with lifestyle full of worldly renunciation. No other way. Although little bit of renunciation is also needed to make sexual yoga successful.
Kundalini awakening is not must for realization. It is persistent mental image that is must. I harbored constant image of my gf in my mind for 2 years that resulted in my glimpse enlightenment at sleep. no kundalini awakening. actually kundalini awakening forces kundalini image to be persistently born inside the brain that causes enlightenment, not the kundalini awakening directly itself. if kundalini awakening doesnt force constant kundalini image into the brain, then it is of no use.
More amazing truth is that enlightenment isn't must for liberation , directly. Non-dual attitude is directly responsible for liberation. Enlightenment only teaches and makes habit of nondual

attitude. Enlightenment is perishable for it is forgotten totally with time but nondual attitude taught by it persists ever, little or more. People waste their time by madly rushing behind enlightenment, ignoring nondual attitude.
There is gradual weakening of Kundalini with ordinary Kundalini yoga. It's not the failure of yoga technique, but it's due to increased outward drainage of Kundalini through extroverted worldly activities. Kundalini needs to be recharged occasionally with sexual yoga, specially in such crisis. Kundalini again strengthen herself then, removing boredom to do yoga and we also feelfeellevel enhanced up than the previous level.
Kundalini Awakening is nothing special but full neuronal rush to a single mental image. There is no reason to believe that modern neuroscience can't achieve this.
Friends, I have been named as Quora Top Writer for 2018 for my 2017 posts. I had copied many posts from brilliano to that and vice versa. Had invited many quorans to read Love story of a Yogi on brilliano. Moreover, anybody can have-
https://demystifyingkundalini.wordpress.com/https:// -www.quora.com/profile/Bhishm-Sharma-2
Nothing comes at free, even Kundalini awakening. I spent my 20 precious years with fully scientific, modern and humanely active life, although along with nondual attitude too. Then Kundalini awakening. The message is clear. Western life is alright. Whole of the drammatic difference comes with absence of nondual attitude only. The same is the basis behind the Western-eastern union. To learn nondual attitude in a best and contemporary way, most easily-https://demystifyingkundalini.wordpress.com/
World has not progressed beyond Kundalini awakening to a large extent. Non-dualism is must after Kundalini awakening for enlightenment. Actually Kundalini gives power to non-dualism nothing else. Racism is great hindering to non-dualism. It has reasons. See references to shining, white, sunny Kundalini. It is mental racism. Darks take it against them. Actually, it's difficult to contemplate the dark colour although not impossible. So, Kundalini awakening is the realm of fair skinned, humanely natured and sourituals as brahmins. But enlightenment is the realm of dark for without the cooperation of dark skinned, enlightenment is nearly impossible in worldly life. Darkness prevents attachment to Kundalini that is must for enlightenment.
But to my ignorance energy you know better. Full name appears Kundalini as better. If Einstein is called as e=mc square, it'll be partial. I think world famous and pet names shouldn't be manipulated whether eastern or Western.
In direct tantra, Kundalini is separate and vehicle is separate, whereas in indirect Tantra, the same single person acts both as Kundalini as well as vehicle.
Friends, great men are not bound by racial, geographical, cultural and religious boundaries. They're global even universal. They're common to all and need to be preserved by all. Claiming there groupism seems childish whether these are sages, yogis, philosophers, artists or scientists. Science helped me to go towards enlightenment. Taantrik and yogic books, social forums and ebooks helped me to Kundalini awakening. All should be preserved for others and future generations. As i was helped, others and future generations can be helped. As others books and blogs helped , same way my books and blogs can help others. If even one is helped, that is also too extraordinary
Ifeel as if I was too tired yesterday.good morning friends. But Kundalini going to wrong channel makes me laugh. People are crying for raining and some worrying for rain going astray and working hard to capture the supposed rain but there is no chances of raining for years to come. This metaphor is for people worrying about wrong channeling. Be correcting afterwards, let rain come first. There's actually no wrong channel for Kundalini is nothing but our own focussed mind. Kundalini itself manage to go through proper channel as per the situation. In rarest of rarest situation, some conflictings arise but that's not lethal
Ifeel as if I am in transformational phase after my kundalini rise.
Friends, can I get all my brilliano posts since start. I need some related material for my ebook. Thank in advance for admin support.

Thank you for reading this ebook. For further reading, please visit demystifyingkundalini.com

Other books by Premyogi vajra-

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8) ई-रीडर पर मेरी कुण्डलिनी वैबसाईट

9) My kundalini website on e-reader

10) शरीरविज्ञान दर्शन- एक आधुनिक कुण्डलिनी तंत्र {एक योगी की प्रेमकथा}

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Good luck